MODERN PRISCILLA COOK BOOK

ONE THOUSAND HOME TESTED RECIPES

Menu Making
Special Occasion Menus
Apron Pocket Dictionary
Quantity Cookery Guide
Table Setting and Service

Johnson & Wales Univ. Denver, CO
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Cup Cakes.
1/3 cup Shortening
1 cup Sugar
2 eggs -
1/2 cup milk -
1 2/3 cups S. R. Flour
2 tsp. Bak. Pdr -
Flavoring 1 tsp.

DATE DUE

GAYLORD			PRINTED IN U.S.A.

Cinnamon Biscuits.

2 cups Flour
5 Teasp. B. Pdr.
½ " Salt.
1 Tablesp. sugar.
2 " Shortening
1 egg yolk.
¾ cup Milk.

Sift flour with baking Powder, salt, & sugar work in shortening add egg yolk, beaten & mixed with milk. Knead a few minutes on well floured board. roll ½ in thick spread with butter ½ sprinkle with sugar & cinnamon. roll up like jelly roll. cut in pieces are inch thick & bake in greased muffin tins in hot oven.

Bake 15 min.
Temp. 450 degrees.
Serves 12 sm. Biscuits

These maybe prepared & covered set & placed in cool place until about ½ hr before serving.

Date & Nut Gingerbread.

½ cup Shortening
½ " Brown sugar
2 egg.
1 Teasp Soda.
½ cup hot water
1 cup N. O. Molasses.
2 " Flour.
2 Teasp ginger.
1 " Cinnamon.
½ " cloves.
Pinch salt.
½ lb. Dates -
2 cup nuts.

Cream shortening add sugar gradually, add egg & beat smooth, dissolve soda in hot water and combine this & molasses with first mixture then add flour sifted with dry ingredients & beat until smooth. stir in dates cut in small pieces, & broken nut meats. Bake in moderate oven.

Cook 40 min.
Temp 350 degrees
Serves - 16.

Russian Tea

Brew fresh tea & serve with thin slices of lemon in which cloves have been stuck with a pins. Strawberry or candied cherry in each cup. sugar maybe added to taste.

Ginger Bread.

2½ cups Flour
1 teasp. Salt.
1 " Soda.
1 " cinnamon.
1½ Tabl. Ginger.
½ cup Shortening
1 cup Bro. Sugar.
2 Eggs.
1 cup molasses.
1 " Boiling Water

Sift dry ingredients except sugar together cream short & sugar & add eggs well beaten & molasses. Then add alternately to the latter mixture the sifted dry ingredients & to boiling water bake in mod. oven
30 minutes –
350 degrees.
Serves 12.

Dintrey Donuts –

Roll a dough ~~too~~ nut dough rather thin & cut in rounds. each piece put a spoonful of firm cranberry sauce or jelly moisten edges of dough & fold over & press together fry in hot fat like other doughnuts. cook 3 minutes each.

Mothers style

English Bag Pudding

½ pound suet
1 pound seeded raisins
½ pound currants
¼ pound citron
¼ pound candied orange peel
1½ cups flour
1 cup dry bread crumbs
1 cup sugar
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon clove
4 eggs

Chop suet. Add raisins cut in pieces, and currants, citron and orange peel chopped. Dredge this mixture with one-half cup flour. Mix remaining flour, bread crumbs, spices and sugar and add beaten eggs. Put the two mixtures together and mix thoroughly. Put into a pudding bag, plunge into boiling water and boil four hours in a closely covered kettle, or

Boil a Can of Eagle Brand Milk
2 hrs. before opening for a
Maple Mousse dessert.

Sauce for New England Plum Pudding

1/3 cup butter
1 cup Sugar.
1 Egg.
1/4 cup hot Water
1/2 tsp. Vanilla

Cream butter & add sugar - add egg well beaten, add hot water gradually & vanilla & beat until thoroughly blended. Let stand until cold before serving -

Heart mold of Ham Mousse.

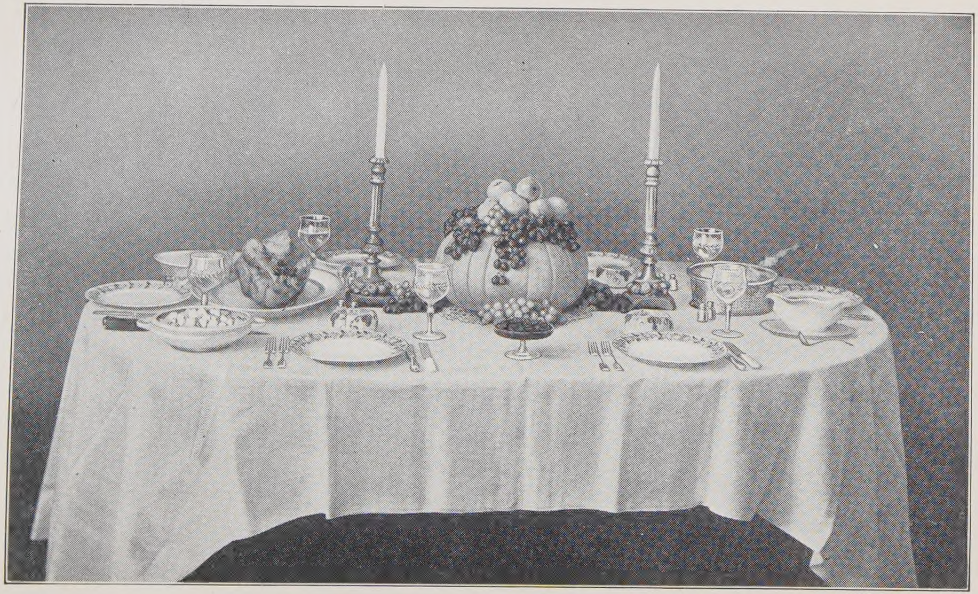
1 1/2 Tbl. gelatin
1/4 cup cold water
2/3 cup Boiling water
3 cups Boiled Ham, gr. fine.
1/8 Teas. paprika.
few grs. cayenne.
2 Tbl. chopped parsley.
1 cup whipped Cream

Soak gelatin in water 10 min. add boiling water & stir until dissolved. add ham paprika Cayenne & parsley. fold in whip. cream & pour mixture into individual molds which have been dipped into cold water first chill until stiff, unfold on lettuce leaves, garnish with a rose bud of mayonnaise

apricot Souffle.

Juice of 1 Lemon
1/2 cup sugar
3 egg yolks.
1/2 cup fruit juice.
1 1/2 Tbl. gelatin
1/2 cup apricot pulp.
3 egg whites
1/2 cup whipped cream.

Mix lemon juice & sugar & add beaten egg yolks - cook over hot water until thick cook gelatin in fruit juice 5 min. then pour cooked mixture over it. then stir until gelatin is dissolved add fruit pulp, and set aside when thick cream fold in stiffly beaten egg



Our Thanksgiving table showing the first course served is simple and dignified, but not lacking in gay colors. The candlesticks hold brilliant orange candles which repeat the pumpkin color. At each place small pumpkins hold nuts and bonbons.

MODERN PRISCILLA COOK BOOK

ONE THOUSAND RECIPES
TESTED AND PROVED AT THE
PRISCILLA PROVING PLANT

PUBLISHED BY
THE PRISCILLA PUBLISHING COMPANY
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INTRODUCTION

PROBABLY I am the most logical person to write an introduction to this book since I have eaten all the recipes! They have been selected and tested during the course of our editorial family life in the Priscilla Proving Plant, and the collection goes into your hands with the hope that some of the pleasure we have had in our housekeeping experience will flavor each dish.

The recipes presented include some that are familiar. Most of them, however, have been selected because they were different from those found in other cook books.

The chapters on menu making and table service will help to serve the home maker in what is perhaps the biggest job of the many that make up her daily program. To plan meals wisely, cook them deliciously and serve each one daintily is a task which challenges a woman's best thought and energy. Every member of the Proving Plant Staff who has worked upon the Priscilla Cook Book has done it in the hope of being of real service in the problem of planning, cooking, and serving three meals a day.

THE DIRECTOR OF THE PRISCILLA PROVING PLANT

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When a feller's good and hungry from a rousin' race or game,
When he's lookin' for refreshments, and wants somethin' worth
the name,
Then a whoppin' piece of luscious pie, with juice just oozin' out
Is the grandest feast he'd ask for, and the fillin'est, about.

And it's not so very different when the feller is a man;
He'll cast a willin' vote for pie as often as he can.
So make your pie-crust flaky, and the fillin's generous, too,
And he'll say there ain't nobody that can feed a man like you!

MODERN PRISCILLA COOK BOOK

ACCURATE MEASUREMENTS

The Priscilla Cook Book is an authority based on actual tests, for such accurate culinary information as the homemaker of today requires, and insists upon:

Accurate measurements.

The temperature at which the dish should be cooked.

The length of the cooking period.

ADVANTAGES OF ACCURACY

Money Saving. — "Bad Luck" caused more waste in the old-fashioned kitchen than any other one cause. Certainty in place of guessing eliminates failures.

Time Saving. — If we know just how long a dish should be cooked, and at just what temperature the oven should be held, the time we used to spend hovering near the stove to "see how it is coming along" is saved for something more profitable.

Mental Relief. — A feeling of confidence takes considerable strain from a busy woman's mind.

EQUIPMENT

To secure accuracy, every kitchen should contain the following equipment:

Measuring spoons. — Convenient aluminum spoons plainly marked with the quantities they hold may be bought anywhere for about ten cents.

Measuring cups. — Two of these are sufficient. Both may be of glass or of aluminum, but we find an aluminum cup for dry ingredients and a glass one for liquids most convenient. Each is plainly marked with thirds and quarter cups.

A small spatula for leveling. — The back of a knife will do equally well, but the spatula has so many other uses that its purchase is not an extravagance.

STANDARD PRACTICE

All measurements in this book are level. Tablespoon, teaspoon, etc., mean standard measuring spoons level full. Tableware will not do, for almost every different make and pattern holds a different quantity.

Another thing the accurate cook must not do is to shake down dry ingredients in the cup while they are being measured. Put the materials into the cup lightly with a spoon until it is heaped, then level the cup with a spatula.

Besides measuring ingredients with exactness, it is necessary to follow carefully the directions for combining. Accurate measurement lays the foundation for success in cookery, but the method used in putting them together is also important in the final result.

TIME AND TEMPERATURE

The time in cooking and the temperature given in each recipe is that actually used when the recipe was tested at the Priscilla Proving Plant. In using utensils of varying dimensions slight changes in the cooking period may be found necessary. For instance, cake batter baked in a deep narrow pan requires a longer time to cook thoroughly than an equal amount of the same batter spread out in a broad, shallow pan.

For accuracy in baking an automatic oven-heat control is the ideal. Unless the oven is equipped with such a device the only way to determine the temperature with any degree of accuracy is by the use of an oven thermometer. The type of indicator which is built into the oven door of many ranges cannot be depended upon absolutely. With continued use it becomes less and less accurate.

PRISCILLA PROVING PLANT SCALE OF OVEN TEMPERATURES

250°–300°	Slow
300°–350°	Moderate
350°–400°	Moderately hot
400°–450°	Hot
450°–550°	Very hot

SERVINGS

The number of servings which each recipe will make is also a variable quantity, depending on the place of the dish in the menu, the accompanying dishes, and the food habits of the family.

The modern cook prefers this equipment. An aluminum cup for dry ingredients, glass for liquids, spatula, and spoons.

TABLE OF MEASURES AND WEIGHTS

2	cups butter (packed)	1 pound
2	cups granulated sugar	1 pound
$2\frac{2}{3}$	cups powdered sugar	1 pound
$3\frac{1}{2}$	cups confectioners' sugar	1 pound
$2\frac{1}{4}$	cups brown sugar	1 pound
$2\frac{2}{3}$	cups oatmeal	1 pound
$4\frac{3}{4}$	cups rolled oats	1 pound
$2\frac{2}{3}$	cups granulated corn meal	1 pound
$4\frac{1}{3}$	cups rye meal	1 pound
$1\frac{7}{8}$	cups rice	1 pound
4	cups flour (white)	1 pound
$4\frac{1}{2}$	cups Graham flour	1 pound
$3\frac{7}{8}$	cups entire wheat flour	1 pound
$4\frac{1}{3}$	cups coffee	1 pound
2	cups chopped meat (packed)	1 pound
1	square section of cooking chocolate	1 ounce
$\frac{1}{3}$	cup almonds blanched and chopped	1 ounce

A few grains or a pinch is less than one-eighth teaspoon.

3	teaspoons	1 tablespoon
16	tablespoons	1 cup
2	tablespoons butter	1 ounce
4	tablespoons flour	1 ounce

Powdered and confectioners' sugar, and flour should be sifted before measuring.

KITCHEN POINTERS

OUR APRON-POCKET DICTIONARY

À la, au, aux — All three forms mean just the same thing. Your French grammar explains the choice of each for use. Example: Rice à la Priscilla Proving Plant, means simply rice as it is served there.

Aspic — Savory jelly made with stock.

Au gratin — With browned crumbs. Example: Potato au gratin.

Au naturel — In its original state.

Bêchamel — A sauce made with stock and milk or cream.

Bisque — A term applied both to soup and to ice cream. Applied to soup with a cream stock and to ice cream to which is added finely chopped nuts.

Blanch — To scald, to whiten. The blanching process usually depends on a quick change in temperature from boiling to chilling. Almonds, for instance.

Bombe glacé — Molded ice cream and ice, or two kinds of ice cream, the outside of one kind and the inside of another kind.

Braise — To stew in a covered pan. Ex.: Braised beef is simply beef cooked slowly in a covered utensil.

Café au lait — Coffee with hot milk.

Café noir — Black coffee; i. e., coffee served without milk or cream.

Canapé — Pieces of toast or bread spread with some appetizing mixture. Served as a first course at a formal lunch or dinner.

Cannelon — A roll, either of veal or beef, or else of baked puff paste.

Caviare — Salted roe from a large fish like a sturgeon.

Charlotte — A pudding. It is made of strips of bread or cake, covered with fruit or gelatine.

Compote — Fruit stewed in syrup. Peach compote.

Consommé — Very rich stock.

Créole, à la — Literally it means served as the Creoles do. Actually it means cooked with tomatoes.

Croustade — A crisp patty to hold a filling. It may be of bread or rice.

Cutlets — Steaks of veal, lamb, mutton, or pork. Breaded cutlets are these same steaks rolled first in egg and then in cracker crumbs before they are fried.

Demi-tasse — A term applied both to a half size cup and the coffee which it holds.

En coquilles — In shells. Ex.: Halibut en coquilles means that small pieces of fish are baked on shells. Real scallop shells are charming, and china imitations of them are also used.

Entrée — A made dish, served between courses or as a course by itself.

Farci — Oeufs farcis is only a chef's way of saying stuffed eggs.

Fillet — Long, thin pieces of meat or fish.

Foie Gras — Fat liver, liver of specially fattened geese.

Frappé — Half frozen, or frozen to a mush.

Glacé — Iced or glossed over. Strawberries glacé may mean either frozen berries or those covered with a shiny, transparent film of hardened sugar syrup.

Grilled — Broiled. In the original meaning the broiling was done directly over a clear flame or a bed of red-hot coals.

Haricot — A bean. A stew in which meat and vegetables are finely divided.

Hors d'oeuvres — Side dishes. Olives, radishes, and celery are examples.

Jardinière — Mixed vegetables.

Lardoon — Small pieces of salt pork or bacon used in frying or inserted in the top of a roast to add succulent flavor.

Macedoine — Mixture of several kinds of fruits or vegetables.

Marinate — To pickle in a French dressing.

Pâté de foie gras — Literally "pastry of goose livers." A meat preparation the chief ingredient of which is the liver of specially fattened geese.

Pot au feu — Literally, the pot on the fire. Actually is a mixture of vegetables and meat boiled together.

Purée — Food boiled to a pulp and put through a sieve.

Ragoût — A sort of stew. Meat simmered with vegetables and highly seasoned.

Réchaufée — Literally, warmed again.

Roux — Thickening made by blending flour and melted butter.

Sauté — Literally, jumping. Is applied to the process of frying quickly in a small amount of fat, turning to brown evenly all over.

Soufflé — Literally, "puffed up." A dish, served hot, made with eggs, milk, and flour, beaten light and combined with potato, cheese, fruit, or other flavoring. The dish has a delightful fluffy texture.

Timbale — A mixture of fish or cheese, or vegetables cooked in a special drum case. Also applied to a pastry case fried in deep fat on an iron especially designed for the purpose.

Velouté — A sauce made of white stock instead of milk. Vegetables and seasonings should be boiled in the stock to give it flavoring, then strained.

Vol-au-vent — A light puff paste with border high enough to hold a ragoût.

HELPS

To cream butter easily scald the bowl before using.

Put a paper bag over the head of the food chopper when grinding dry bread to keep the crumbs from scattering.

Use a syrup of sugar and water for sweetening lemonade and iced tea. It will sweeten quickly and no sugar will be left in the glass.

Use two spoons for turning a roast. A fork pierces the surface and allows the juices to escape.

Keep a small can for melting chocolate. It will save labor in dish washing as well as the chocolate that adheres to the can.

Use muffin tins for baking tomatoes, apples, stuffed peppers, onions, and so forth. They will keep their shape much better than when baked in the ordinary way.

Use a small paint brush, kept especially for the purpose, for removing superfluous flour from rolled cookies.

Use left-over coffee in place of part of the milk when making a chocolate cream pudding or pie. When making chocolate frosting with powdered sugar use coffee instead of milk or water to make it of the right consistency to spread. Custard of coffee and milk thickened with egg and gelatine is delicious served cold with cream.

To make cream, too thin to whip, thick enough for a sauce add marshmallows to it. The marshmallows should be cut in small pieces and allowed to stand in the cream for several hours before using to give them a chance to soften and blend with it.

Before peeling oranges cover them with boiling water and let stand for five minutes. The bitter white lining will come off easily.

Sprinkle stale cake crumbs and bits of dried frosting over fruit and berry pies before putting on the top crust.

Add a little instant coffee to the cocoa paste before adding hot milk or water to make a beverage that is unusual.

Save hot cake or waffle batter left from breakfast and use it for dipping croquettes or cutlets before frying. Hamburg cakes dipped in batter and fried are especially good.

Save the water in which potatoes have been boiled and use in place of part of the milk in muffins, griddle cakes, and bread.

To prevent old potatoes from becoming discolored when they are boiled add a slice of lemon to the water.

For an easily prepared maple icing mix confectioners' sugar with maple syrup and add a little butter or cream to keep it soft.

To mold cooky dough that is to be sliced use the paraffined cardboard containers in which butter and margarine are sold. The ends can be unfolded and one side split with a sharp knife, giving a perfectly shaped brick of dough.

To give frosting a smooth, glossy appearance put the frosted cake in a warm oven for a few seconds, taking care not to let the frosting get so hot that it will run.

When frosting small cakes hold them by tooth picks stuck in the bottoms. Put the ends of the tooth picks through the meshes of a wire cake cooler and draw them out, leaving the cakes in place without touching the frosted sides.

Before leaving cereal in a double boiler over night turn a cup of cold water over it. This will prevent a hard crust forming on top. In the morning the water may be turned off before the cereal is reheated.

To soften dry cocoanut for use in cake frosting steam it in a clean cloth over boiling water.

Utilize left over hard sauce by adding an egg, a little milk, baking powder and flour, and making a pan of little gem cakes.

Run a darning needle along the crease of the pods of shell beans before trying to remove the beans. They may then be shelled as easily as peas.

Use a steel knitting needle to loosen a cake from the center tube of the pan. The needle can be moved around the tube easily and does not cut the cake as a knife is likely to do.

Use a French potato-cutter for making butter balls. Dip the cutter in boiling water and cut the balls from a hard cake of butter. A few turns of the butter paddle will give a rough surface if desired.

To separate a cake from a loose-bottom pan run a thread between the cake and the pan bottom.

To stiffen prepared gelatine mixtures quickly add to one package only half a pint of water. Then add cracked ice to complete the pint of liquid.

In making cookies to be sent through the mail cut them with the lid of a coffee or baking powder can. They will shrink a little in baking and fit snugly in the box when done.

To bake one potato economically place it on an asbestos mat over the gas burner and cover with a pan, or else use a heavy aluminum omelet pan or sauce pan with a cover.

Use hot liquid instead of cold when making an uncooked frosting with sugar that has become lumpy. The lumps will disappear without the labor of sifting or rolling.

THIS FOR THAT

MILK

Evaporated milk, diluted with an equal measure of water, or dried milk reconstituted according to the directions on the package, may be used successfully in place of fresh milk in any recipe.

Condensed milk, a sweetened product, may be used in place of sugar and milk in sweetened mixtures, such as desserts (cornstarch, tapioca, rice, and gelatine), and cocoa. More sugar may be added if desired.

Where milk is used chiefly because it is a liquid and only secondarily because it is milk, water will do quite as well. In cakes and biscuits, for instance, this substitution will be unnoticed.

Other liquids too will answer. Potato water gives a moistness in cake and bread that is desirable. Rice water is often available. It is especially good in soups and gravies. Fruit juices may be used in cakes with very pleasing results as to flavor if the acid is neutralized with a little soda. The exact amount would need to be determined for each particular case. One-half teaspoon to a cup will be satisfactory in the majority of cases. Coffee is delicious in cakes, muffins, and in place of part of the milk in desserts.

If the milk you planned to use has soured it can be made just as good for baking by the addition of soda. One-half teaspoon to a cup is the average amount necessary.

SOUR MILK AND LEMON JUICE

It frequently happens that there is no sour milk on hand when the recipe calls for it. The addition of vinegar or lemon juice to sweet milk makes a satisfactory substitute. One tablespoon of acid to one cup milk will give a mixture the acidity of which will be neutralized by one-half teaspoon of soda to a cup of the milk. This is the acidity of the average sour milk.

In most recipes sweet milk may be used instead of sour, using two teaspoons baking powder in place of every half teaspoon of soda called for in the recipe. If the recipe uses molasses and sour milk, as many sour milk recipes do, instead of substituting baking powder for all the soda, use enough soda to neutralize the acid of the molasses (one teaspoon to a cup) and substitute for the rest.

In salad dressings lemon juice and vinegar are readily interchangeable. For a fruit salad, orange or grapefruit juice give a pleasing flavor.

In desserts and beverages any acid fruit juice may be used to advantage.

An excellent "lemon pie" can be produced without a lemon by using bottled lime juice.

CREAM — CHOCOLATE — FROSTING

Evaporated cream and evaporated milk, undiluted, are often used to take the place of cream. In coffee they have attained to popularity and are served regularly in many homes. In cooking they may also be used.

In thickened mixtures, soups, cream sauces, dessert foundations, milk, even skimmed milk, given a creamy tint with a bit of yellow coloring will often pass unquestioned. A little butter will help supply the fat content and make the flavor more like that of cream.

Cocoa plus fat equals chocolate, a fact which makes substitution very simple. Two tablespoons of cocoa and a teaspoon of fat will give approximately the food value of an ounce of chocolate. The flavor is almost exactly duplicated.

When you want to frost a cake and have no sugar, there are several possibilities.

Condensed milk thickened with powdered cocoa until of the right consistency to spread makes a delicious chocolate frosting.

Marshmallow cream is much used with cakes.

Jam or jelly sprinkled thickly with nuts or cocoanut is a welcome change from ordinary frosting.

SHORTENING

Any one fat may be substituted for any other.

The various cooking fats and oils which are prepared commercially are similar in action, though they differ in flavor. They may be used interchangeably or substituted for butter or margarine by decreasing the amount two tablespoons to the cup. Good drippings may be used in the same way. Of course the flavor must be considered. Ham, bacon, and mutton are not easily disguised unless used in a highly spiced mixture. Do not forget to add a pinch of salt when substituting an unsalted fat for a salted one.

To increase the quantity of frying fat, drippings again come in play. Mutton, ham, bacon, or even sausage fat in small quantities cannot be detected. For croquettes, cutlets and potatoes, the flavor is not objectionable and larger amounts may be used.

EGGS

One is especially likely to find the cupboard destitute of eggs — and sometimes they are so high in price and so difficult to obtain that one does not pretend to keep them on hand.

As a leavening agent baking powder may be used, substituting one teaspoon in place of each egg omitted. It is not advisable to try to substitute for more than two eggs. If you have no eggs and must make a cake, choose a one-egg cake rather than a four-egg recipe

as a foundation. Or, better still, try a dark eggless cake. A recipe for an eggless chocolate cake will be found on page 67.

It is a great convenience to have dried egg whites on hand. Whenever you have an egg white left, place it on a plate and leave in a warm place until thoroughly dried, scrape off the crystals which will have formed and store in jars. A tablespoon of the powder dissolved in two tablespoons of water will equal one egg white. It beats up perfectly.

For thickening, a tablespoon of flour or half a tablespoon of cornstarch will take the place of one egg. A little yellow coloring will conceal the substitution from the eye.

Evaporated milk undiluted is really superior to milk for glazing. For dipping croquettes for frying it gives excellent results.

WHIPPED CREAM

Evaporated cream will whip, and evaporated milk may be beaten stiff if subjected to a certain process.

Put the milk in a bowl and set the bowl in a larger bowl or pan partly filled with cracked ice to which has been added one-fourth its amount of ice-cream salt. Let the milk chill for five minutes, then beat with an ordinary egg-beater. It should take ten minutes' beating to make a thick whip and in that time the milk will have increased to three times its original bulk. You will have a thick, creamy whip which is ready for use in cooking. For use on the table as whipped cream, add to one and one-half cups of the cream whip, three-quarters teaspoon of vanilla, one and one-half tablespoons sugar, a pinch of salt. Dissolve one-half teaspoon granulated gelatine which has been soaked in one tablespoon of hot water and add to the cream, whip again for a few minutes and chill.

Marshmallow Cream is a good topping in place of whipped cream.

On custards, baked puddings, or pastry meringue is a good substitute for whipped cream. It may be baked on a dessert or on a dish of water and transferred to any dish for serving.

Fruit whip is delicious and not unlike stiffly beaten cream in texture. One egg white, one-half cup sugar, and one-half cup fruit pulp makes a cup and a half of the whip. Raw apple pulp makes a whip very delicate in flavor that combines well with almost anything. Any raw or cooked fruit purée may be used.

SUGAR AND SYRUPS

Syrups and honey may be used very satisfactorily in place of half the sugar in a recipe. They give a different texture, flavor, and intensity of sweetness from sugar, and if used in too large amounts are not acceptable.

In using brown, powdered, or confectioners' sugar in the place of white the substitution should be made by weight, not measure. Approximately one and one-third cups of brown sugar, or one and one-quarter cups of confectioners' sugar is equivalent to one cup of granulated.

For desserts and beverages condensed milk or sweet chocolate may be used to supply the sugar.

The different syrups may be substituted one for another by exercising a little judgment.

A brown sugar syrup is similar to molasses in flavor but is less acid. Syrup made by caramelizing sugar gives the same brown color, but is distinctive in flavor and entirely free from acid, so that, in baking, baking powder should be used with it in place of soda.

Maple syrup has an inimitable flavor. Brown sugar syrup flavored with vanilla and a light caramel syrup with maple flavoring approach it, and are good on pancakes and waffles.

BAKING POWDER

The use of soda and cream of tartar instead of baking powder is very common, for many baking powders are made up of just those ingredients. The correct proportion is two parts of cream of tartar to one part soda. Three-quarters of a teaspoon of the mixture is equal to one teaspoon of baking powder, the seeming discrepancy in the figures being accounted for by the fillers in commercially prepared baking powders.

Soda with any acid liquid will liberate carbon dioxide, the leavening agent furnished by baking powder. Substitute sour milk or acid fruit juice for sweet milk, or use a molasses recipe.

FLOUR

The characteristic action of flour is due to the gluten which it contains. Wheat flour is richer in gluten than the other flours, and really good results in baking cannot be obtained by substituting for the whole amount called for.

If one has no white flour, whole wheat is the most satisfactory substitute. Cakes and muffins made with entire wheat flour and camouflaged with spices will often be passed by an unsuspecting family.

Crumbs of all sorts may be used to advantage for part of the flour in dark breads, steamed puddings, cakes, and cookies. This substitution, by the way, furnishes an excellent opportunity for using the crumbs that always seem to accumulate in distressingly large amounts.

Cereals are excellent for thickening soups and gravies, the proportion depending on the kind of cereal and whether it has been previously cooked.

The substitution of bread flour for pastry is simple. One cup of pastry flour is equal to one cup of bread flour minus two tablespoons.

FLAVORINGS

One often finds oneself without certain flavorings, but it is sometimes possible to imitate them.

Vanilla and almond give pistachio. The combination of rose and almond results in a flavor very like sherry.

Orange or lemon peel may be used in place of the extracts.

In steamed pudding or fruit cake, orange marmalade will take the place of candied peel.

STOCK

Stock is largely a matter of liquid and seasoning, and substitutes are easily found.

Bouillon cubes, meat and vegetable extracts dissolved in water make excellent stock.

Canned bouillon or consommé are perfectly satisfactory.

Vegetable juices, fresh and canned, should be saved and used in place of part of the stock called for.

Plain water, judiciously seasoned with salt, pepper, celery, onion salt, parsley, and so forth, and colored with a little caramel may pass for stock. Caramel used for coloring should be very dark and at best it will change the flavor slightly.

CHICKEN — MUSHROOMS — CELERY

Mushrooms are often unavailable and are always a luxury. Cooked celery cut in small pieces may be used very successfully instead.

Instead of chicken use veal or pork cut in cubes, or tuna fish. Many a tuna fish salad has passed as chicken.

In uncooked mixtures, crisp cabbage cut fine may take the place of celery. A little celery salt or celery seed helps along the deception.

Dried celery leaves as well as the salt and seed may furnish the celery flavor to cooked mixtures.

It is an excellent plan to save the best leaves of every bunch of celery, dry them thoroughly and pulverize. The powder may then be kept in a salt-shaker and used in place of celery salt. Dried parsley will also be found worth the trouble of preparation.

QUANTITY COOKERY

Unless otherwise stated, all quantities will serve 50 people.

BEVERAGES			
Chocolate	Syrup made from	2 cups sugar 3 quarts water (brought to a boil)	Add 1–1½ pounds bitter chocolate 8 quarts milk
Cocoa	Syrup made by boiling together for 30 min.	2 cups sugar 2 cups cocoa 4 quarts water	Add 6 quarts milk
Coffee			
Boiled	1¼ pounds ground coffee		10½ quarts water
Filtered	4 cups pulverized coffee		8 quarts water
Tea	¾ cup tea	8 quarts water	
Fruit Punch	3 dozen lemons 10 quarts water	3 pounds sugar 2 cups crushed pineapple	1½ dozen oranges
Lemonade	50 lemons	3 pounds sugar	12 quarts water
DESSERTS			
Gelatines	8 tablespoons gelatine 1 quart fruit juice	1½ pounds sugar	2 quarts cold water 2 quarts hot water
Ice Cream	Brick Bulk	1 quart serves 6 1 quart serves 8	
Whips	1 quart fruit pulp 1½ pounds sugar	8 egg whites 1¼ cups lemon juice	

FISH			
Baked or Boiled	20 pounds fish		3 quarts sauce
Creamed	8 pounds fish		3 quarts white sauce
Scalloped	5 pounds fish 2 quarts diced potatoes		2 quarts broken bread 4 quarts milk
MEAT			
Roast Beef	15 pounds		
Roast Lamb	15 pounds		
Roast Pork	15 pounds		
Roast Chicken	25 pounds dressed		3 quarts dressing
Baked Ham	15 pounds		
Hamburg Balls	10 pounds meat	3 cups crumbs	1 quart milk
SALADS			
Fish	5 pounds cooked fish		3 quarts diced celery
Fruit	6 quarts mixed diced fruits		
Meat	5 pounds cooked meat		3 quarts diced celery
Vegetable	6 quarts mixed diced vegetables		
SANDWICHES			
Bread	1 pound loaf		16 sandwich slices
Fillings:	for 50 sandwiches of 2 whole slices of bread		
Cream Cheese and Olive	1½ pounds stuffed olives		2 pounds Neufchatel Cheese
Chopped Meat	2½ pounds meat		2 cups mayonnaise
Egg	2 dozen eggs		2 cups mayonnaise
Peanut Butter	1 pound peanut butter		½ cup cream
Butter	½ pound		

SOUPS			
Beef Stew	10 pounds round of beef 1 quart diced potatoes		1 quart mixed vegetables 6 quarts water
Chowders	2 quarts fish or vegetables 3 cups diced potatoes 6 quarts milk		2 quarts water 1¼ pounds salt pork
Creamed Vegetable	4 quarts vegetables to be put through sieve		6 quarts very thin white sauce
Oyster Stew	1 gallon oysters		8 quarts milk
VEGETABLES			
Beans:			
Baked	3 quarts pea beans ⅔ cup molasses ⅓ cup salt		2 pounds pork ½ cup brown sugar
String	2 No. 10 cans beans		½ cup butter
Beets	8 pounds beets		1 cup butter
Carrots Creamed	8 pounds carrots		4 quarts thin white sauce
With peas	4 pounds carrots	½ cup of butter	1 No. 10 can peas
Peas			
Creamed	2 No. 10 cans peas		4 quarts thin white sauce
Tomato			
Scalloped	2 No. 10 cans tomatoes 4 quarts broken bread		¼ cup salt 1 cup sugar
Stewed	1 No. 10 can tomatoes 1 No. 2½ can tomatoes 1½ quarts bread crumbs		2 tablespoons salt ¾ cup sugar

BEVERAGES

Facts to Remember in Beverage Making

Cocoa, coffee, and tea all act as stimulants to a slight degree; but if properly prepared they can be taken in moderate amounts by a normal adult with no injurious effects.

Cocoa and chocolate have a high nutritive value in themselves, and when prepared with milk they are still more important as foods.

Both cocoa and chocolate are improved by boiling for a few minutes in a small quantity of water. The cooking brings out the flavor of the chocolate and makes the starch which the products contain more easily digested.

Boiled Coffee. — Boiling is probably the method of coffee making in commonest use. It is the most economical in coffee, but it produces the least delicacy of flavor and develops the largest amount of tannic acid. For it use coffee coarsely ground. Allow a level tablespoon of coffee for each cup to be served, and one extra for the pot. An egg, if the food budget allows it, is also called for. If a whole egg cannot be spared, shells of the eggs, used in routine cookery, carefully washed before breaking, will do nearly as well.

Mix the coffee well with the slightly beaten egg, or with the shells, and add one cup of cold water. Stir all together and let stand while the rest of the water is being heated. As soon as it comes to a jumping boil pour it over the mixture in the coffee-pot and let it boil not longer than three minutes.

Stuff the spout with paper towelling or a bit of immaculate cheese-cloth while the boiling goes on, unless you have the sort of coffee-pot in which the closing of the spout is provided for in the pot itself.

The egg clears the coffee, but two tablespoons of cold water added just before the coffee goes to the table will complete the process.

Percolator Coffee. — For percolating, the coffee should be ground more finely than for the preceding process. The consistency of granulated sugar is about right. Allow one tablespoon (level) for each cup. Either cold or hot water may be used in the percolator. Each has its advocates. We prefer to start with cold water and after the percolator begins to " plurp " we keep it going for five minutes. Coffee, in this process as in both the others, should be served immediately to be at its best.

Drip Coffee. — Dripping or filtering is the method beloved by epicures and favored by scientists. Coffee for it should be ground to the same texture as fine corn meal. It should feel a bit gritty when rubbed between the fingers. Pulverized coffee ground as fine as flour is too fine. It mats together and prevents the free penetration of water to extract flavor. A percolator may be used to hold the coffee, but unless the holes in the container are minute, cotton flannel, fuzz side up, or fine, firm muslin is better. Use a tablespoon of coffee for each cup, put the coffee in the container, take the required amount of water brought to a jumping boil, and pour it *slowly* through the coffee. If this does not make the flavor strong enough to suit the family either increase the amount of coffee or pour the water through a second time. The more epicurean of coffee drinkers say that a second pouring spoils the delicacy of flavor. No egg is needed for clearing. If the "drip" is fine enough the coffee will be clear.

One caution is necessary if you use a cloth drip. Let it be wide and shallow. A long conical drip does not allow the water to penetrate among the coffee particles as it should. For perfection in this method no metal must touch the coffee while the "drip" is in process. Use a glass, pottery or enamel pot.

TEA

Great care is the price of a really good cup of tea.

Tea should be kept in a tightly covered tin or jar.

The teapot, which should be of porcelain or earthenware, should always be scalded before being used.

Water used in making tea should be freshly boiled. Water boils when the entire surface breaks into bubbles.

Tea should never be allowed to boil.

Use the proportion of about one teaspoon of tea to one cup of water, this amount depending upon the kind of tea used and the strength desired.

Allow the tea to stand from one to five minutes in a hot place, this time also depending upon the kind of tea used. Five minutes is usually the maximum time, as after that, injurious qualities are produced.

A properly prepared brew of tea is never left standing on the leaves, but is strained off into a well-heated teapot or tea-urn.

CHOCOLATE

2 squares chocolate
½ cup boiling water
¼ cup sugar
3 cups scalded milk

Melt chocolate and add water. Stir until smooth, add the

sugar, boil three minutes, and add milk at once. Serve with whipped cream or marshmallows. Servings, 4.

FRENCH CHOCOLATE

1 quart milk
4 ounces chocolate
1 tablespoon sugar
1 teaspoon arrowroot

Put milk in double boiler, add the chocolate broken in small pieces, then the sugar. Stir until chocolate is dissolved. When chocolate is hot add arrowroot dissolved in a little water. Serve with whipped cream. Servings, 6.

MEXICAN CHOCOLATE

1 pint milk
2 inch piece of stick cinnamon
1½ tablespoons ground coffee
1 ounce chocolate
¼ cup boiling water

Scald milk with cinnamon and coffee. Strain through double cheese cloth and reheat. Add chocolate melted, and mixed with boiling water. Cook two minutes. Beat well and serve with whipped cream. Servings, 3.

SPICED CHOCOLATE ICED

1 pint milk
1 cup sugar
1 tablespoon cornstarch
1 tablespoon cocoa
½ teaspoon cinnamon
1 egg yolk
1 teaspoon vanilla

Scald milk and add to other ingredients well mixed. Cook five minutes. Cool, flavor with vanilla and chill. Add cold milk to suit taste. Servings, 3.

CHOCOLATE SYRUP NO. 1.

2 squares chocolate
½ cup sugar
¾ cup boiling water
Pinch salt
½ teaspoon vanilla

Melt chocolate and add sugar. Add boiling water, salt, and boil until thickened. Cool, and add vanilla. Dilute with milk for iced chocolate.

CHOCOLATE SYRUP NO. 2.

½ cup water
1 cup crystal white syrup
1 cup cocoa
1 ten ounce can condensed milk
1 tablespoon vanilla

Put water and syrup on to boil. Mix with cocoa until a smooth paste, add condensed milk and cook in double boiler thirty minutes. Cool, add vanilla and bottle. For children's cocoa add one tablespoon of syrup to cup of hot milk, or water and milk. As a sauce for puddings, and as the liquid in mixing frosting use syrup undiluted.

COCOA

3 tablespoons cocoa
3 tablespoons sugar
¼ teaspoon salt
1 cup water
3 cups scalded milk

Mix cocoa, sugar, and salt, add to boiling water and let boil eight to ten minutes. Add milk and serve at once. Equal parts of evaporated milk and water may be used. Servings, 6.

CRACKED COCOA

⅓ cup cracked cocoa
3 cups cold water
1 cup milk

To cocoa add water and boil one hour. Strain and add the milk. Serve with cream and sugar.

If cracked cocoa is pounded in a mortar, the cooking time may be shortened. Servings, 4

ICED MINT COCOA

6 tablespoons cocoa
1 cup boiling water
4 sprigs of mint
¼ cup sugar
1 quart milk
½ teaspoon vanilla

Mix cocoa with boiling water. Add mint and cook until thick. Add sugar and milk. Bring to boiling point and remove from fire and strain. Cool, add vanilla. Ice and serve. Charged water may be added. Servings, 6.

COFFEE WITH WHIPPED CREAM

1½ cups coffee
3 pints boiling water
½ pint cream
⅓ cup sugar
½ teaspoon vanilla

Put coffee in cheese-cloth bag, add water and boil three minutes. Let stand ten minutes then remove bag and keep coffee hot until serving-time. Beat cream until stiff, add sugar and vanilla and serve a spoonful on each cup of coffee. Servings, 8.

ICED COFFEE

2 tablespoons coffee
3 cups water
1 teaspoon lime juice
2 tablespoons sugar
Ice

Make coffee in the usual way, add lime juice, sugar, and cool. A little lemon juice, and a few tiny pieces of fruit are just as delicious in coffee as tea. Cream added with chipped ice without the lime or lemon juice makes a delicious cold drink.

ICED VIENNA COFFEE

1½ cups finely ground coffee
6 cups water
1 egg or crushed shell

Make coffee as usual in the percolator or drip coffee pot. Strain through cheese cloth, chill, and serve with sweetened whipped cream. Servings, 8.

ICED TEA

1 cup boiling water
1 teaspoon tea
2 whole cloves
Chipped ice

Pour fresh boiling water over tea and cloves. Let stand two minutes, strain. Cool, add ice and more water if desired. Sweeten to taste. Lime or lemon juice added makes a more snappy drink and is more often preferred. Servings, 2.

A DELICIOUS TEA PUNCH

2 cups sugar
2 cups water
1 pint tea infusion
4 lemons (juice)
4 oranges (juice)
1 pint cherry juice
1 cup grated pineapple
1 quart Apollinaris or other charged water
Iced water

Boil the sugar and the two cups of water together for ten minutes; when this is cold, add the tea infusion, using only the best tea to make this. Add the fruit juices, pineapple, and let stand a while. Then add the charged water, and enough iced water to make the desired strength. Servings, 25.

FRUIT BEVERAGES

Fruit beverages are most refreshing and healthful. When made of only one kind of fruit, they are called "ades,"—lemonade, orangeade, pineappleade, etc., and when made of a combination of fruit juices they are spoken of as "punches."

Summer beverages are better and more quickly made if sweetened with a sugar syrup instead of granulated sugar. This syrup should be made ahead and kept on hand in a covered jar or a bottle. To make it, measure equal parts of sugar and water into a saucepan, place over the fire and stir until the sugar is dissolved, then let it boil without stirring for six or eight minutes. Cool and bottle. This blends more readily with the beverage than sugar and also gives a better body.

A plain lemonade may be "dressed up" with sprigs of mint, or cold tea, or grape juice, and the result is a good punch without using many ingredients.

A dash or two of soda-water which may be bought in a siphon at a druggist's, adds greatly to any drink; or we may add bottled charged water. Ginger ale, as well as charged water, gives a zest to all of these drinks.

CHERRY PUNCH

2 quarts white cherries
2 cups water
2 cups sugar
6 oranges
1 cup grated pineapple
1 cup tea infusion
1 quart carbonated water
½ teaspoon almond extract

Cover the cherries with the water and cook until the cherries are reduced to a pulp. Strain to remove skins and stones.

Add the sugar and cook for about ten minutes; cool and add the juice of the oranges and pineapple. Place on ice to chill and ripen. Add the tea, carbonated water, and almond extract, and sufficient cold water to make the desired strength. Place in a punch bowl with a block of ice and garnish with a few whole cherries. Red cherries may be used for this punch instead of white cherries. Servings, 25.

SWEET CIDER PUNCH

1 cup sugar
1 pint water
3 lemons
1 quart sweet cider
1 pint grape juice

Place the sugar in the water and boil for about ten minutes, adding a little of the outer lemon rind. When cold add lemon juice, then add the sweet cider and place in a freezer and freeze to a mushy consistency. When frozen mix in the grape juice. Serve in tall glasses. Dilute with a little cold water if too strong. Servings, 20.

CIRCUS PUNCH

1 cup sugar } for syrup
1 cup water }
2 lemons
½ cup apricot juice
¼ cup prune juice
¼ cup cherry juice
2 quarts water
Pink coloring

Boil sugar and water together about ten minutes. Cool, and add fruit juices to make one pint. Dilute with cold water and chill. Serve with cracked ice and cherries. A pretty pink color may be obtained by using vegetable coloring. Servings, 20.

CURRANTADE

1½ cups sugar
2 cups hot water
1 pint cooked currant juice
¾ cup lemon juice
3 quarts cold water

Dissolve sugar in hot water, add currant juice, lemon juice and cold water. Chill. A few pineapple cubes may be added, if liked. Seal in quart bottles and keep on ice. Servings, 30.

GINGER CRUSH

1 tablespoon crushed ginger root
1 quart water
1 cup sugar
½ cup lemon juice

Boil ginger root in water twenty minutes. Add sugar and lemon juice. When cold remove ginger, and chill, adding more water if desired. One tablespoon of grated pineapple added to each serving is a delicious addition. Servings, 10.

GINGER PUNCH

1 quart water
1 cup sugar
½ cup chopped preserved ginger
½ cup lemon juice
½ cup orange juice
½ cup pineapple juice

Boil water, sugar and ginger slowly for fifteen minutes. Add fruit juices and chill. Tiny pieces of orange and pineapple may be added. Dilute as desired. Servings, 12.

GRAPE PUNCH

10 cups grape juice
Juice of 4 oranges and ½ rind of one, grated
1 cup sugar
4 whole cloves
A few leaves of mint or lemon extract
3 egg whites
2 cups water

Mix six cups of grape juice with orange juice, sugar, cloves, and mint leaves. Bring to a boil, cool, and then let stand to ripen for three hours. When ready to use serve ice cold with the egg whites beaten stiff and folded in, and the other four cups of juice added with the two cups of water. Servings, 25.

GRAPEFRUIT PUNCH

2 cups sugar
1 cup water
6 grapefruit
1 orange
1 cup white unfermented grape juice

Make a syrup of the sugar and water. Add juices and pulp of grapefruit and orange. Cool, strain and add grape juice. Dilute with water to taste. Servings, 12.

LEMONADE SYRUP

2 cups sugar
1 pint water
6 lemons

Cook the sugar and water together without stirring until it is a thick syrup, adding the grated outer rind of one of the lemons. When this is cool, add the juice of the lemons, and bottle. By diluting with ice water you may have lemonade at short notice. This syrup may also be used as a basis of many cooling drinks. By adding grape juice, you have grape-juice lemonade. A dozen sprigs of fresh spearmint added to a quart of lemonade will give you another flavor. Tea lemonade is made by taking a cup of the lemonade syrup and adding to it a pint of tea infusion, a quart of ice water, and, if liked, a fourth cup of orange or pineapple juice. You can make the lemonade syrup in any quantity you wish. Some people make the thick syrup, and add the lemon juice when making up the lemonade.

SPICED LEMONADE

Spiced lemonade may be made by adding three cloves and a stick of cinnamon to the above recipe.

ORANGE EGGNOG

1 egg
1 orange
1 tablespoon maple syrup

Beat egg, add juice of orange and beat again. Add the maple syrup and continue beating until well blended. The juice of two oranges may be used with one egg if desired.

PINEAPPLE PUNCH

1 cup juice from canned pineapple
3 tablespoons lime juice
3 tablespoons lemon juice
¼ cup orange juice
1 cup sugar
1 cup boiling water
3 cups cold water

Mix fruit juices. Dissolve sugar in boiling water and boil two minutes. Cool and add to the fruit juices. Add cold

water and pour over cracked ice. Serve with a maraschino cherry or sprig of mint in each glass. Servings, 10.

RASPBERRY MINT

1 sprig of mint
½ cup ripe raspberries
1 quart lemonade

Bruise the leaves and the stems of the mint, and crush the berries, putting them in the ice-cold lemonade at least two hours before using. Remove the mint before serving. Servings, 6.

RHUBARB PUNCH

3 pounds rhubarb
1 quart water
2½ cups sugar
1½ cups orange juice
1 cup lemon juice
¾ cup shredded pineapple
3 quarts iced water

Cut rhubarb into small pieces and cook in water until tender (about twenty-five minutes) and strain. There should be two quarts of juice. Add the sugar while the juice is hot and stir until dissolved. Add fruit juices, and when cooled add the iced water. Serve with half slices of lemon and orange. Servings, 50.

WEDDING PUNCH

4 cups sugar
2 cups orange juice
2 cups lemon juice
2 cups pineapple juice
1 pint bottle maraschino cherries
Ice
2 quarts Apollinaris water

Combine sugar and fruit juices and let stand until the sugar is dissolved. Add the cherries and ice, and just before serving add the Apollinaris water. Garnish with slices of orange and lemon. Servings, 30.

BREADS

Facts to Remember about Bread Making

The only essential ingredients in bread making are flour, yeast, and liquid.

Flour made from hard or spring wheat, because it contains a larger proportion of gluten than soft or winter wheat flour, gives a dough that is elastic. For this reason it is preferred for breads in which yeast is the leavening agent.

The liquid may be milk, water, or potato water, or a mixture of the three. The larger the proportion of milk the greater the nutritive value of the loaf. The use of potato water hastens the action of the yeast and gives a loaf that does not dry quickly.

Yeast may be compressed or dry. The compressed cake, which must be used while fresh, is the most convenient form whenever it can be secured, because it acts rapidly. Dry yeast will keep indefinitely and on that account it is the most satisfactory form for households not near the market. In the dry yeast the yeast plants have become inactive and a longer time is required for the bread making process.

Potato yeast, which is started with a dry yeast cake is convenient to have on hand, and may be used very successfully by an experienced cook. Grate a raw potato, pour a little boiling water over it, and cook to a thick paste. When cool, add a little salt and sugar and a dry yeast cake, or part of one. Leave the mixture in a warm place for several hours until it is light and foamy. This kind of yeast takes the place of the yeast cake and part of the liquid in mixing bread.

A little salt is added to bread dough to prevent the growth of undesirable ferments and to give flavor to the bread. Too large a proportion of salt retards the action of the yeast.

It is not necessary to use sugar in bread making. A little is usually added however because it hastens the fermentation process and the flavor is generally liked. A very large amount retards the process.

Shortening as well adds a desirable flavor to bread. It also makes the dough tender, and helps to keep the loaf moist. An excess of shortening tends to retard the rising.

Too high a temperature kills the yeast plants, while cold renders them inactive. Yeast acts most rapidly at ordinary room temperature.

GENUINE COFFEE CAKE (German)

1 pound bread dough
4 egg yolks
½ cup brown sugar

Roll bread dough to about one inch in thickness, place in greased pan and let rise until very light. Beat yolks of eggs and spread over the dough. Prick dough, then spread thickly with sugar and bake in a moderately hot oven.
Time in oven. 30 minutes. Temperature, 380°.

COFFEE LOAF

½ cup strong coffee
1 pint bread sponge
3 tablespoons light brown sugar
1 cup seedless raisins
1 egg (beaten)
1 tablespoon melted butter
½ cup chopped nuts

Stir the lukewarm coffee into the sponge, add the sugar, raisins, beaten egg, melted shortening, and nut meats. Mix thoroughly. Add enough flour to make a stiff cake batter. Pour into a cake pan or bread tin. Let rise until very light and bake in a moderately hot oven.
Time in oven, 1 hour. Temperature, 380°.

CORN MEAL BREAD

1¼ cups water
⅔ cup corn meal
1½ teaspoons salt
¼ cake yeast, softened in ¼ cup lukewarm water
2½ cups flour

Pour the water over the corn meal and salt, and heat to the boiling-point. Cook twenty minutes in a double boiler or over hot water. Cool, add yeast and flour, then knead and let rise until double in bulk. Shape into a loaf and let rise in the pan until again double in bulk. Bake in a moderately hot oven.
Time in oven, 50 minutes. Temperature, 380°.

CRUMB BREAD

1½ quarts bread-crumbs
1 cup molasses
4 teaspoons salt
4 tablespoons shortening
2 quarts hot water
1 yeast cake, dissolved in 2 tablespoons lukewarm water
1 quart graham flour
White flour to knead

Dry and grind bread in the meat-chopper before measuring. Add molasses, salt, and shortening to the water and pour over the crumbs. When lukewarm stir in the yeast. Add graham flour and white flour to knead. Brush with melted fat and let rise overnight. In the morning shape into loaves. Brush with fat and let rise until double in bulk. Bake in a moderately hot oven.
Time in oven, 1 hour. Temperature, 380°.

DATE BREAD

1 pint bread sponge
1 cup chopped nut meats
2 tablespoons maple or brown sugar
1 tablespoon coriander seeds
2 tablespoons caraway seeds
1 cup chopped dates

Mix ingredients thoroughly and add enough flour to make into a loaf. Let rise until at least double in size, brush over with beaten egg and sprinkle with coriander seeds. Bake in a moderately hot oven.
Time in oven, 1 hour and 10 minutes. Temperature, 380°.

GRAHAM BREAD

2 teaspoons salt
3 tablespoons molasses
5 cups water, or milk scalded and cooled
1 yeast cake dissolved in ¼ cup lukewarm water
6 cups white flour
1 tablespoon shortening
Graham flour

Mix all ingredients, except graham flour, to smooth consistency and let stand in a warm place until light. Stir in enough graham flour to make a dough just stiff enough to handle. Mold and put into pans to rise. When loaves have doubled their bulk bake in a moderately hot oven.
Time in oven, 1 hour. Temperature, 380°.

GRAHAM OR WHOLE-WHEAT BREAD

1 yeast cake
4 tablespoons light brown sugar or molasses
1 cup lukewarm water
1 cup milk scalded and cooled
2 tablespoons lard or butter melted
1 cup sifted white flour
4 cups graham flour
1 teaspoon salt

Dissolve yeast and sugar, or molasses, in lukewarm water and milk. Add lard or butter, then flour gradually, (enough to make a dough that can be handled), and the salt. Knead thoroughly. Cover, and set aside in a warm place to rise for about two hours. When double in bulk, turn out on the kneading board, mold into loaves, and place in well-greased pans. Cover and set to rise again — about one hour or until light. Bake in a moderately hot oven.
Time in oven, 1 hour. Temperature, 380°.

OATMEAL BREAD

2 cups rolled oats
3 cups boiling water
½ cup shortening
2 cakes yeast
1 cup lukewarm water
1 tablespoon sugar
½ cup sugar
2 teaspoons salt
⅔ cup nut meats
White flour

Scald oats with boiling water, add shortening, and cool. Dissolve yeast in lukewarm water with the one tablespoon sugar. Add to cooled oats and add rest of ingredients — using enough white flour to make quite a stiff dough. Shape into loaves, put into a greased pan, and let double in bulk. Bake in a moderately hot oven.
Time in oven, 1 hour. Temperature, 380°.

RAISIN AND NUT OAT LOAF

1 pint scalded milk
1 cup rolled oats
1 teaspoon salt
¼ cup molasses or sugar
1 yeast cake
½ cup lukewarm water
2 cups whole wheat flour
1 cup raisins
1 cup chopped nut meats

Pour the scalded milk over the oats and cook slowly to a mush, adding salt, molasses or sugar. When lukewarm add the yeast, which has been softened in the water, add flour, chopped raisins, and nut meats. Knead carefully on a well-floured board until it loses its stickiness. Form into two loaves, place in well-greased pan and let stand until very light. Brush over with milk or egg and bake in a moderately hot oven.

Time in oven, 1 hour and 20 minutes. Temperature, 380°.

RAISIN POTATO BREAD

1 yeast cake
½ cup milk
½ cup warm water
1 teaspoon salt
Flour
1 tablespoon shortening
1½ cups mashed potato (sweet)
1 cup graham flour
2 cups scalded milk, cooled
1½ cups raisins

Dissolve yeast in milk and water. Add salt and flour to make a stiff batter. Let rise overnight. In the morning add shortening, potato, graham flour, milk, and flour to make a stiff dough. Let rise until light, add raisins and knead. Then let rise again. Make into loaves and let rise until double in bulk before baking.

Time in oven, 1 hour. Temperature, 380°.

SEED OR CURRANT BREAD

2 cups bread sponge
½ cup butter or margarine
½ cup sugar
1 cup currants, or
2 tablespoons caraway seeds

Take bread sponge and work in the butter and sugar which have been creamed together, add currants or seeds. Let rise in loaf tin until light, then bake in a moderately hot oven. This is really like cake and is served as such.

Time in oven, 1 hour. Temperature, 380°.

WHEAT-RYE BREAD

yeast

1 yeast cake
2 cups lukewarm water
1 tablespoon sugar
2 tablespoons wheat flour
¼ teaspoon salt
½ cup boiled mashed potatoes

Dissolve yeast in one cup of warm water. Add remaining ingredients to the other cup of water. Combine mixtures and beat well. Let rise over night.

sponge

2 cups rye flour, slightly warmed
1 teaspoon salt
1 tablespoon sugar
The prepared yeast

Add flour, salt, and sugar to the yeast, and beat until smooth. Put in a warm place and let rise until double in bulk. The time will be less than three hours.

dough

The prepared sponge
2 teaspoons salt
1 cup rye flour
3 cups wheat flour

Add salt and rye flour to the sponge. Add wheat flour to make a dough as soft as can be handled. Turn out on to a lightly floured board and add the remaining flour gradually, kneading thoroughly after each addition. Let rise until double in bulk. Knead down, mold into two loaves, place on a baking sheet, and let rise again until double in bulk. Bake in a moderately hot oven. A tablespoon of molasses may be added to the dough if the flavor is desired.
Time in oven, 1 hour. Temperature, 380°.

WHITE BREAD

1 yeast cake (dry)
4 cups liquid
1 tablespoon salt
3 tablespoons sugar
4 tablespoons shortening
3 pounds flour

Dissolve yeast in one pint of liquid which has been scalded and cooled to lukewarm (85 degrees F.). Add one pound of flour, beat well, and let rise until light (over night). Add one pint of liquid scalded and cooled to lukewarm, salt, sugar, shortening, and flour. Knead until smooth and elastic. Let rise until double in bulk. Knead, shape into loaves, place in greased pans. Let rise again until double in bulk and bake in a moderately hot oven.

Time in oven, 1 hour. Temperature, 400° for 15 minutes, 350° for 45 minutes.

WHITE BREAD

4 cups liquid
2 yeast cakes (compressed)
1 tablespoon salt
3 tablespoons sugar
4 tablespoons shortening
3 pounds flour

Scald milk or boil water. Cool one-half cup to lukewarm (85 degrees F.) and dissolve yeast in it. To rest of liquid add sugar, salt, and shortening. Cool to lukewarm (85 degrees F.) and add yeast. Add flour and knead until smooth and elastic. Let rise until light. It will have increased to about three times its original bulk. Knead until bubbles are broken up and gas evenly distributed. Shape into loaves. Place in greased pans and let rise until double in bulk and bake. By using half the quantity of yeast the bread may be mixed in the evening and left to rise over night.

Time in oven, 1 hour. Temperature, 400° for 15 minutes, 350° for 45 minutes.

WHOLE WHEAT BREAD

1 teaspoon sugar
1 teaspoon salt
1 cup milk (scalded)
½ cake yeast
¼ cup lukewarm water
2¾ cups whole wheat flour

Put sugar and salt in mixing bowl and add milk. When lukewarm add yeast dissolved in lukewarm water. Add half the flour and beat well. Add remainder of flour and knead ten minutes. Return to bowl, moisten surface with water and let rise until double in bulk. Cut down and knead ten minutes. Shape, place in pan, and let rise until double in bulk. Bake in a moderately hot oven.

Time in oven, 50 minutes. Temperature, 380°.

FANCY BREADS

BREAD RING AND BRAID

2½ cups milk
1 yeast cake (dry or compressed)
Flour
⅓ cup shortening
2 tablespoons sugar or honey
1 egg
¼ teaspoon salt
1 teaspoon almond extract

The milk should be scalded, and cooled until lukewarm. Dissolve the yeast cake in one-half cup of it. Then add one-half cup of flour. Mix thoroughly by beating and let rise. When it has doubled its bulk add four and one-half cups of flour and repeat the rising process. Next add all the other ingredients and flour to make a dough just stiff enough to handle (probably about one and one-half cups will be needed). Toss on a floured surface, knead, cover, and let rise a third time.

TO MAKE A RING

Roll out the dough as thinly as possible, spread with melted butter and sprinkle with sugar and cinnamon.

Roll like a jelly roll. The dough will probably stick and have to be coaxed to roll with a knife.

Stretch if necessary to make it long enough to form a good ring.

Cut a piece from each end and join the two ends to make a circle.

Cut at regular intervals with the kitchen shears from outside edge almost to center.

TO MAKE A BRAID

Cut three pieces of dough of equal size.

Roll them into equal lengths with the hands.

Fasten three ends together and braid evenly.

The braid may be put on a greased baking sheet or shaped around a circular dish. Let the braid rise, brush it with an egg yolk, beaten and diluted with half a tablespoon of cold

water. Bake in a moderately hot oven. Chopped nuts or sugar and cinnamon may be sprinkled over it before it is baked, if you choose.

Time in oven, 20 minutes. Temperature, 380°.

CLOVER-LEAF CORN ROLLS

1 cup hot milk
¾ cup corn flour or fine cornmeal
½ cake yeast
3 tablespoons lukewarm water
2 or 3 tablespoons shortening
½ tablespoon salt
2 tablespoons sugar
2½ cups wheat flour

Pour hot milk over corn flour or meal, and let stand until lukewarm. Add yeast, which has been dissolved in lukewarm water, and remaining ingredients. Knead until dough is smooth and elastic. Brush with cold water to prevent crust forming, and let stand until light. Have muffin-pans greased. Form dough into balls about an inch in diameter and put three into each muffin-pan. Use no flour in shaping rolls, but keep fingers well greased. Let rise until double in bulk, and bake in hot oven twenty minutes or more according to size of pans. Served with honey or jam, these make a very satisfying luncheon dessert.

Time in oven, 20 minutes. Temperature, 400°.

EGG BUNS

4 eggs
1 pint bread dough
3 tablespoons brown sugar
1 cup flour
3 tablespoons melted butter or lard

Work the eggs into the dough one at a time, stir in the sugar, flour, and the melted shortening, then set the dough to rise until light. Work it again and drop into muffin-pans, brush over with beaten egg and sprinkle with brown sugar. Bake until a nice brown in a moderately hot oven.

Time in oven, 20 minutes. Temperature, 375°.

ENGLISH MUFFINS

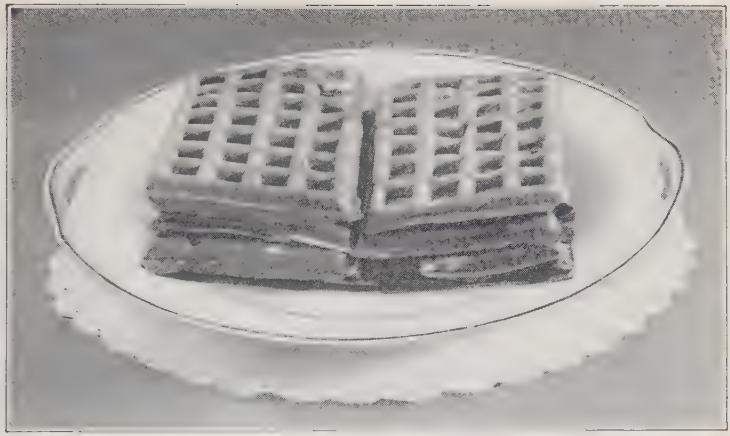
2 cups milk
1 cake yeast
5½ cups flour
⅓ cup melted butter
2 eggs
2 teaspoons salt
1 tablespoon sugar

Scald milk and cool until lukewarm. Dissolve yeast in two tablespoons of milk and add to the rest. Add two and one-half cups of flour. Beat well, let rise until light. Add butter, eggs, salt, sugar, and flour to make a dough as soft as can be handled (about three cups), and let rise until double in bulk. Cut off pieces of dough and shape in large flat biscuits (four inches in diameter and one-third inch thick). Let rise on well-floured board until light. Have griddle heated, and, if not aluminum, greased. Remove muffins to griddle with broad spatula. Cook rather slowly until browned on one side, then turn and brown the other side. Tear apart, toast, and spread with melted butter.

JELLY BUNS

1 yeast cake
1 tablespoon sugar
1¼ cups milk, scalded and cooled
4½ cups sifted flour
3 tablespoons butter
½ cup sugar
1 egg
1 teaspoon salt
¼ teaspoon nutmeg

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-half cups of flour, and beat well. Cover and set aside until light, about three-quarters of an hour. Add to sponge creamed butter and sugar, lightly beaten egg, salt, nutmeg, and remainder of flour to make soft dough. Let rise two hours. Roll to one-third inch thickness, cut with cooky-cutter, stretch the dough, put one teaspoon jelly on each piece, wet edges and squeeze tightly together. Cover and let rise again forty-five minutes. Drop in deep fat and cook on each side. Drain on brown paper.
Time in cooking, 3 minutes each. Temperature of fat, 380°.



PLAIN WAFFLES. — *Page 61*

SALAD ROLLS. — *Page 35*

PARKER HOUSE ROLLS

3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
2 cups scalded milk
1 yeast cake dissolved in ¼ cup lukewarm water
Flour

Add butter, sugar, and salt to milk. When lukewarm add dissolved yeast cake and three cups of flour. Beat thoroughly and let rise until light, then cut down and add enough flour to knead. Let rise, knead, pat and roll out to one-third inch thickness. Shape with a biscuit cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one half of each piece with melted butter, fold and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in a hot oven.
Time in oven, 20 minutes. Temperature, 400°.

SALAD ROLLS

2 tablespoons sugar
1½ teaspoons salt
4 tablespoons shortening
2 cups scalded milk
1 yeast cake
¼ cup lukewarm water
About 6 cups flour

Add sugar, salt, and shortening to hot milk. Cool to lukewarm. Add yeast dissolved in lukewarm water, and three cups of flour. Let rise until full of bubbles. Add enough flour to make a dough that can be handled (two and one-half to three cups). Knead until smooth and elastic. Let rise until double in bulk. Knead again, roll one-half inch thick, cut in strips about five inches long and roll between the hands. Place close together in a baking pan, with a little butter between. Let rise double in bulk and bake in a hot oven.
Time in oven, 20 minutes. Temperature, 400°.

SPICE BUNS

1 quart bread dough
½ cup brown sugar
1 teaspoon allspice
3 tablespoons butter or lard
½ teaspoon grated nutmeg
2 tablespoons, each, grated orange and lemon rind
Flour to knead
Egg
Cinnamon

Mix into dough all the ingredients except egg and cinnamon and mold into buns. Let rise until light, brush with egg and sprinkle with cinnamon. Bake a rich brown in a moderately hot oven.
Time in oven, 35 minutes. Temperature, 375°.

TOAST

CHERRY TOAST

1 egg
½ cup milk
16 slices bread
2 cups canned red cherries and juice
2 tablespoons flour
1 tablespoon butter

Beat egg slightly and add milk. Dip slices of bread in mixture and brown on both sides on a hot greased griddle. Heat cherries, add flour mixed to a paste with a little cold water and cook until thickened. Add butter and pour over the toast.

CINNAMON TOAST

Toast slices of bread on both sides. Spread liberally with butter and sprinkle with a mixture of three parts of sugar and one of cinnamon. Put in oven to melt butter. Honey or brown sugar may be used in place of granulated sugar.

FRENCH TOAST

2 eggs
1 cup milk
2 teaspoons sugar
¼ teaspoon salt
6 slices bread

Beat eggs slightly. Add milk, sugar, and salt. Dip bread in the mixture and sauté on both sides until delicately browned. Serve immediately with syrup, jam, or marmalade.

BAKED FRENCH TOAST

3 cups milk
2 eggs
⅛ teaspoon salt
6 slices stale bread, cut rather thick

Beat milk, eggs, and salt together. Dip each slice of bread in mixture and place in a greased baking dish. Pour the remaining custard mixture over the bread. Bake in a moderate oven until lightly browned on top. Dot with bits of butter and serve hot.

MAPLE TOAST

Toast bread to a light golden brown. Spread with soft maple sugar. Return to the oven for a few moments until the sugar melts. Serve with a rosette of blanched almonds in the centre of each slice or with a spoonful of whipped cream.

QUICK BREADS

The chief difference between quick breads and yeast breads is in the leavening agent. Quick breads are made light by a gas liberated through the chemical action of an acid on an alkali, or by the incorporation of air into the batter or dough. The action of these forms of leavening is much more rapid than that of yeast, making it possible to prepare the breads very quickly and easily.

Baking powder is the leavening agent most commonly used in quick breads. It is a combination of sodium bicarbonate (ordinary baking soda) and some form of acid, with a filler of starch to prevent the ingredients from absorbing moisture and acting on each other during storage in the can.

There are three types of baking powder — cream of tartar, phosphate, and alum. The name is derived in each case from the acid used in the powder. Much has been said against each variety but in the quantities in which they are used there is no possible harm in any one of them. Choice should be made according to price and action. Cream of tartar powders are less readily soluble than the others and so contain less filler. Phosphate powders act rapidly. With the alum powders the action is slower and so gas is developed more continuously.

It is possible for the housekeeper to make her own baking powder by mixing two parts of cream of tartar with one of soda, but it is not advisable except as an emergency measure. The commercially prepared products are combined with laboratory precision and are far more dependable.

All cooks are familiar with the use of soda with sour milk or molasses for leavening purposes. The principle is the same as that of baking powder, that is the action of soda and an acid to produce a gas. It is impossible to be absolutely accurate in the use of this form of measuring, because the degree of acidity in sour milk and molasses is variable. The general rule is to use half a teaspoonful to each cup of molasses.

When air is used as a leavening agent it is incorporated into the mixture by beating the batter directly, or by adding eggs which have already been beaten.

The proportion of liquid to flour in quick breads depends chiefly upon the method of baking.

For breads which are baked in loaves, and for biscuits that must retain their shape in baking, a soft dough is used. This is a mixture containing approximately three cups of flour to one of liquid.

A thick batter — a mixture containing from one and a half to two and a half cups of flour to every cup of liquid — is used for muffins and drop biscuits.

Hot breads which are cooked in thin sheets like griddle cakes and waffles require a thin batter, made with practically equal parts of liquid and flour. Popovers, also, are made with a thin batter.

Slight variations will have to be made in these general proportions, depending upon the other ingredients used. A batter or dough containing sugar, shortening, nuts, or fruit requires more flour than one less rich. Differences in the thickening powers of flour must also be considered.

GRAHAM BREAD NO. 1

1 cup sour milk
¼ cup molasses
1 teaspoon grated chocolate
1 teaspoon salt
3 cups graham flour
¾ teaspoon soda

Add sour milk to molasses. Add chocolate, salt, and enough graham flour mixed with soda, to make a soft dough. Put into a small greased loaf tin and bake in a moderate oven. Time in oven, 1 hour. Temperature, 325°.

GRAHAM BREAD NO. 2

2 cups graham flour
½ cup white flour
¼ cup sugar
¾ teaspoon soda
1 egg
2 tablespoons molasses
1 cup sour milk
1 tablespoon shortening

Mix dry ingredients. Mix moist ingredients and combine mixtures. Put into greased pan and bake in a moderate oven. Time in oven, 40 minutes. Temperature, 350°, reduced last 10 minutes.

NUT BREAD NO. 1

4 cups flour
8 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
1 egg
1¾ cups milk
½ cup raisins
1 cup chopped nuts

Sift dry ingredients, add egg well beaten, and milk to make soft dough like biscuit dough. Add raisins and nuts sprinkled with flour. Turn into well-greased round tins. Let rise fifteen minutes and bake in a moderate oven.
Time in oven, 1 hour. Temperature, 325°.

NUT BREAD NO. 2

½ cup whole wheat meal
1½ cups corn meal
½ cup flour
3½ teaspoons baking powder
3 tablespoons sugar
⅔ teaspoon salt
1 cup chopped nut meats
1 cup milk
1 cup water
2 teaspoons melted butter

Mix all of the dry ingredients thoroughly. Add milk, water, melted butter, and mix well. Pour batter into well-greased one pound baking powder cans and bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350 degrees.

PECAN NUT BREAD

½ cup corn meal
1½ cups white bread flour
1¾ cup graham flour
3 teaspoons baking powder
½ teaspoon salt
2 cups sweet milk
½ cup brown sugar
¼ cup molasses
1 cup chopped pecan meats

Combine the flours and add baking powder and salt. Then sift. Add other ingredients to flour, beat well. Pour into a loaf tin, and bake in a moderate oven. A half cup of chopped dates or raisins may be added to this bread if desired.
Time in oven, 1 hour. Temperature, 350°

SPOON BREAD NO. 1.

¼ cup granulated yellow or white corn meal
2 cups milk
2 eggs
1 teaspoon butter
1 teaspoon salt
1 teaspoon sugar

Add corn meal to cold milk in double boiler; cook until mixture thickens. Beat yolks separately and add to hot mush with butter, salt, and sugar. Beat whites and fold in lightly and bake in pudding-dish. This may be served as a hot bread or as a dessert. If served as a dessert add one-half cup dried fruit, and one-half teaspoon cinnamon. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°.

SPOON BREAD NO. 2.

2 cups cold water
1 cup white or yellow corn meal
1 cup cooked rice
1 cup milk
2 teaspoons salt
1 tablespoon shortening
2 eggs

Put the water into a saucepan, sprinkle meal into it, and bring to boiling-point. Cook four or five minutes, stirring constantly. Add rice, milk, salt, and shortening to the mush, and mix thoroughly. Cool until lukewarm, and add well-beaten eggs, and turn into a greased baking dish. Bake in a moderate oven until a knife comes out clean. Serve from the same dish with a spoon. It may be eaten with the main course in the place of bread, or with milk for luncheon.
Time in oven, 30 minutes. Temperature, 325°.

CALIFORNIA SPOON BREAD

2 cups milk
2 eggs (beaten)
1 quart boiling water
1 teaspoon salt
1 cup corn meal
2 cups boiled rice
8 long or 16 short slices of bacon

Scald the milk in double boiler and pour it on the beaten eggs. Return to boiler and cook until it coats the spoon. To the boiling water add salt. Stir in corn meal and cook five minutes. Put the custard in buttered baking dish (glass if possible) then add alternately spoonfuls of mush and rice until baking dish is full. Arrange the bacon across the top of the dish. If the slices are long they will cross in the center. If they are short they can radiate from center. Bake in a moderate oven.
Time in oven, 40 minutes. Temperature, 350°.

POTATO SPOON BREAD

¾ cup corn meal
2 teaspoons salt
1½ cups water
2 eggs
¾ cup milk
¾ cup mashed potatoes
1 tablespoon shortening

Mix the corn meal, salt and water, and boil five minutes. Beat eggs slightly, add milk, mashed potatoes, and shortening. Combine with mush mixture. Beat well and bake in a greased baking dish in a moderate oven. Serve from the same dish with a spoon.
Time in oven, 40 minutes. Temperature, 325°.

BISCUITS AND ROLLS

BAKING POWDER BISCUITS

2 cups flour (bread)
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
About ¾ cup of milk and water, half and half

Mix and sift dry ingredients, work in shortening, add liquid gradually, making a dough as soft as can be handled. Turn on to a floured board, pat and roll to about one-half inch in thickness, cut, place in a pan, and bake in a hot oven.
Time in oven, 15 minutes. Temperature, 450°.

CORN MEAL BISCUITS

1½ cups flour
¾ cup corn meal
1 tablespoon butter
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
½ cup milk

Combine all ingredients but the milk. Then add the milk, using enough to make a soft dough. Toss on board lightly, roll and cut in rounds. Brush with melted butter and fold over like Parker House Rolls. Bake in a hot oven.
Time in oven, 30 minutes. Temperature, 400°.

MAPLE BISCUIT

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
¾ cup milk
Maple sugar

Sift dry ingredients together, cut or rub in shortening, add milk gradually to make soft dough that can be handled.

Roll out to one-half inch thickness, and cut in rounds. Brush half of them generously with softened butter, spread thickly with finely grated maple sugar and put together in pairs. Place in greased pan, and bake in hot oven.
Time in oven, 20 minutes. Temperature, 450°.

QUICK PARKER HOUSE ROLLS

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
2 tablespoons shortening
¾ cup milk

Mix and sift flour with baking powder, salt and sugar. Work in shortening, and mix to a soft dough with the milk. Roll out on a floured board to one-third inch in thickness. Cut in rounds and spread with melted butter. Fold one half over on to the other half and bake in a hot oven.
Time in oven, 15 minutes. Temperature, 450°.

POTATO ROLLS

2 cups flour
½ teaspoon salt
2 teaspoons sugar
3½ teaspoons baking powder
½ cup boiled potato, mashed
½ cup milk

Mix and sift dry ingredients, rub in potato and add milk to make a soft dough. Divide into small pieces, knead each piece well, and shape into rolls. Place on greased baking sheet and brush with melted butter. Let stand in a warm place fifteen minutes. Bake in a quick oven. When nearly done brush again with butter.
Time in oven, 15 minutes. Temperature, 400°.

SCOTCH OAT CAKE

1½ cups steel-cut oatmeal
1 teaspoon salt
1 teaspoon sugar
1 teaspoon baking powder
1 tablespoon butter
½ cup warm water

Mix dry ingredients, melt butter in warm water and add to the mixture. Oats must be freshly cut or a bitter taste will make the cakes disagreeable. Knead dough until firm, add-

ing more oatmeal if necessary. Divide dough into twelve parts, knead and roll each bit of dough into a thin round cake. Lay cake on hot griddle and cook until edges begin to curl. Lift carefully and brown in a moderate oven until crisp.

Time in oven, 30 minutes. Temperature, 350°.

SODA BISCUIT (a Southern Recipe)

1 pint flour
1 teaspoon salt
½ teaspoon soda
1 teaspoon baking powder
1 tablespoon lard
1 cup buttermilk

Sift flour, salt, soda, and baking powder together. Mix in lard thoroughly, then add buttermilk. Roll out on floured board, cut with biscuit-cutter and bake in hot oven. Handle as little as possible.

Time in oven, 15 minutes. Temperature, 400°.

SOUR MILK BISCUITS

2 cups flour (bread)
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
2 tablespoons shortening
About ⅞ cup sour milk (thick)

Mix and sift dry ingredients and work in shortening. Add liquid gradually, making a dough as soft as can be handled. Turn on to a floured board, pat and roll to about one-half inch in thickness, cut, place in a greased pan, and bake in a hot oven.

Time in oven, 15 minutes. Temperature, 450°.

SQUASH BISCUITS

2 cups sifted flour
3½ teaspoons baking powder
1 teaspoon sugar
1 teaspoon salt
2 tablespoons butter
1½ tablespoons lard
1½ cups cooked strained squash
½ cup milk

Mix dry ingredients. Rub in shortening, add squash, and milk. Pat and roll lightly on floured board. Shape with biscuit cutter and place in greased pan. Bake in a hot oven.

Time in oven, 15 minutes. Temperature, 400°.

BROWN BREADS

STEAMED BROWN BREAD NO. 1.

2 cups whole wheat meal
1 cup corn meal
1 cup rye meal
1 teaspoon salt
5 tablespoons baking powder
2 cups milk
4 tablespoons honey
Currants

Mix dry ingredients. Add milk and honey and currants if desired and beat well. Steam in molds and finish in oven. Time in steaming, 3 hours. Time in oven, 20 minutes. Temperature, 325°.

STEAMED BROWN BREAD NO. 2.

1 cup corn meal
2 tablespoons shortening
1 teaspoon soda
1 teaspoon salt
1 cup rolled oats
1½ cups hot water
⅔ cup molasses
1 cup white or rye flour

Mix dry ingredients all together except the rolled oats, and sift. Add the boiling water to oats, also the molasses and shortening. Combine mixtures and beat thoroughly. Pour into a well-greased mold, having it only one-half full. Cook in steamer 3 hours.

COLONY BROWN BREAD

2 cups corn meal
2 cups rye meal
2 teaspoons salt
1½ teaspoons soda
1 cup molasses
1 cup sour milk
1 cup water

Mix ingredients in order given. Steam in a closely covered greased tin, then remove cover and bake in a moderate oven. Time in steaming, 3 hours. Time in oven, 30 minutes. Temperature, 325°.

RAISIN BROWN BREAD

3 cups yellow corn meal
1½ cups graham flour
1½ cups white flour
2½ teaspoons soda
1 teaspoon salt
1 cup molasses
½ cup hot water
3 cups sour milk
1½ cups raisins

Mix dry ingredients. Add molasses, hot water, and sour milk. Add raisins last and beat well. Fill molds half full and steam 3 hours.

STEAMED GRAHAM BREAD

3 cups graham flour
1 cup white flour
2 teaspoons soda
1 teaspoon salt
¾ cup molasses
2½ cups sour milk

To dry ingredients mixed and sifted, add molasses and milk. Turn into well greased mold. Fill not more than two-thirds full. Two and one-half cups sweet milk and four teaspoons of baking powder may be used instead of soda and sour milk. A cup of seedless raisins is an improvement.
Time in steaming, 3 hours.

STEAMED HOT BREAD

1 cup corn meal
½ cup rye meal
½ cup white flour
2 tablespoons sugar
½ teaspoon salt
1 teaspoon soda
1 cup milk
3 tablespoons molasses
1 teaspoon melted butter

Mix together dry ingredients. Add the milk, molasses, and melted butter. Beat thoroughly. Steam in well greased molds and then bake in a moderate oven.
Time in steaming, 2½ hours. Time in oven, 15 minutes. Temperature, 300°.

CRULLERS, DOUGHNUTS AND FRITTERS

Facts to Remember

The products of deep fat frying have a reputation for indigestibility which is deserved only when there is something wrong with the procedure. One difficulty is that under certain conditions foods absorb more fat in frying than can be easily taken care of by the digestion, and another, that at a certain temperature, differing with each kind of fat, a change takes place which develops an indigestible product called acreolin. This is recognizable by its acrid odor. Fat should never be used after it has reached this point.

The temperature of the fat is of utmost importance in frying. If it is not hot enough the food absorbs fat; if too hot the outside browns before the inner part is thoroughly cooked. A thermometer is essential for the inexperienced cook in controlling the temperature, and is advisable in any case.

Next to the frying temperature, experience in handling the dough is the most important point in successful doughnut making.

Dough which has been chilled can be more easily handled and absorbs less fat than the same dough at room temperature.

In putting doughnuts into the fat, have the part which has been next to the molding board uppermost.

Only a few doughnuts or fritters should be fried at one time, because the cold dough cools the fat rapidly.

Fried foods should be drained on absorbent paper.

There is no marked difference in the amount of absorption power for the various fats and oils in common use,

CRULLERS

1 cup sugar
1 tablespoon butter
3 egg yolks
1 cup hot mashed potato
½ cup milk
3 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon vanilla

Add sugar, butter, and egg yolks to hot mashed potato, beat until light and smooth. Add milk, flour, baking-powder, salt, and vanilla. The dough should be as soft as can be handled. Cut in strips and twist for crullers. Fry in deep fat. Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 30.

FRUIT CRULLERS

2 tablespoons shortening
1 cup sugar
2 eggs
1 cup milk
4 cups flour
4 teaspoons baking powder
1 teaspoon salt
Marmalade

Cream shortening and sugar, add well beaten eggs, milk, and sifted dry ingredients. Roll out to one-quarter inch thickness and cut with circular cutter. Place a tablespoon of marmalade on each half, wet edges, fold over and press together. Fry in deep fat.
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

DOUGHNUTS

2 eggs
1 cup sugar
4 to 5 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 teaspoon vanilla
1 tablespoon butter

Beat eggs very light, continue beating while adding the sugar. Mix and sift two cups of the flour with the other dry ingredients. Add milk alternately with the sifted flour. Add the flavoring, melted butter, and beat hard. Add more flour to make a dough as soft as can be handled. Roll, cut out and fry in deep fat.
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

CHOCOLATE DOUGHNUTS

1 egg
1 cup sugar
⅓ cup cocoa or 2 squares grated chocolate melted with 1 teaspoon butter
3 teaspoons baking powder
5¼ cups flour
Pinch salt
1 cup milk

Beat egg. Add sugar and stir thoroughly. Add cocoa or chocolate. Sift baking powder and salt into a little flour and add alternately with milk. Stir in enough flour to make a stiff dough, stiff enough to roll out, using about five cups. Cut, and fry in deep fat. A delightful change from the ordinary plain doughnuts.

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

EGGLESS DOUGHNUTS

¾ cup sugar
¾ cup milk
1 tablespoon butter
½ cup hot mashed potato
Flour
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon spice
½ teaspoon lemon extract

Add sugar, milk, and butter to hot potato and stir in enough flour mixed and sifted with other dry ingredients, to make a soft dough. Roll, cut, and fry in deep fat.
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 36.

FRITTERS

FRITTER BATTER

1 cup flour
½ teaspoon salt
⅔ cup milk
2 eggs

Mix flour and salt. Add milk gradually, and eggs well beaten. This may be used as a foundation for all fritters.
One tablespoon sugar should be added if fruits are used.

BANANA FRITTERS

3 bananas
1 egg
½ cup flour
1 teaspoon brown sugar
¼ teaspoon cinnamon

Peel bananas, which should be very ripe, and press through a sieve. Make a batter of egg, flour, sugar and cinnamon, add banana, beat well. Drop by spoonfuls into hot fat. Fry on both sides until brown. Eat hot with fine sugar.
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 8.

PINEAPPLE FRITTERS

1½ cups flour
1½ teaspoons baking powder
2 tablespoons sugar
¼ teaspoon salt
6 tablespoons milk
1 egg
½ tablespoon cooking oil
½ cup grated pineapple (drained)

Mix and sift dry ingredients, add milk gradually, egg well beaten, shortening, and pineapple. Drop by spoonfuls into hot fat. Cook until well browned and drain on absorbent paper. Serve with syrup made by boiling one cup pineapple juice, two tablespoons lemon juice, and one-half cup sugar until thick.

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 18.

STRAWBERRY FRITTERS

½ cup flour
½ teaspoon baking powder
⅛ teaspoon salt
1 egg
2 tablespoons milk
2 teaspoons butter
12 large strawberries

Sift dry ingredients, add egg beaten very light, milk, and lastly melted butter. Drop berries in batter, coat well, and using a large spoon drop into hot fat. Serve with sugar.

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 12.

GRIDDLE CAKES, MUFFINS AND WAFFLES

Facts to Remember

The pancake griddle should be just hot enough to allow drops of cold water sprinkled on its surface to keep their shape for a few seconds. If the drops spread out on the griddle the temperature is too low. If they break up and evaporate immediately the temperature is too high. When a griddle thermometer is used it should register 225 degrees F.

A waffle iron is tested for temperature in the same way as a pancake griddle. Waffle molds should be thoroughly heated on both sides before the batter is poured in. Iron molds must be greased before each waffle is cooked. Aluminum molds do not require greasing.

It is convenient to pour pancake and waffle batter from a pitcher.

Pans of a heavy material are best for baking popovers. They may be of iron, earthen-ware, or glass. The pans should be heated before using.

Stale muffins may be freshened very satisfactorily by dipping quickly in hot water and putting in a hot oven for a few minutes, or they may be split and toasted.

GRIDDLE CAKES

BUCKWHEAT GRIDDLE CAKES

2 cups scalded milk
½ cup fine bread crumbs
½ teaspoon salt
¼ yeast cake
½ cup lukewarm water
1¾ cups buckwheat flour
1 tablespoon molasses
¼ teaspoon soda

Pour milk over crumbs, and soak thirty minutes, add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise overnight; in the morning, stir well, add molasses, one-quarter teaspoon soda dissolved in one-quarter cup lukewarm water, and cook on a hot griddle. Save one-half cup batter to raise another mixing, instead of using yeast cake.

CORN GRIDDLE CAKES

1½ cups boiling water
½ cup corn meal
1¼ cups milk
1 egg
2 cups flour
4 teaspoons baking powder
1½ teaspoons salt
¼ cup sugar
2 tablespoons melted shortening or cooking oil

Have water boiling in saucepan, add corn meal slowly, stirring vigorously until thickened. Turn into bowl and add milk and egg, remaining dry ingredients mixed and sifted, and shortening. Cook on a hot griddle.

ENTIRE WHEAT GRIDDLE CAKES

½ cup entire wheat
1 cup flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg
1¼ cups milk
1 tablespoon melted butter

Mix dry ingredients. Beat egg slightly, add milk and melted butter. Combine mixtures and bake on hot griddle.

For graham griddle cakes, use one-half cup graham flour instead of whole wheat in above recipe.

RICE GRIDDLE CAKES

2 cups boiled rice
2 cups flour
½ teaspoon salt
1 teaspoon sugar
1½ teaspoon baking powder
2 egg yolks
2 cups milk
2 egg whites

Put boiled rice through a sieve. Sift dry ingredients, add rice, beaten egg yolks and milk. Beat well and fold in last the stiffly beaten egg whites. Cook on a hot griddle.

SOUR MILK GRIDDLE CAKES

1 cup flour
½ teaspoon soda
½ teaspoon salt
1 tablespoon sugar
1¼ cups thick sour milk

Mix and sift dry ingredients. Add the milk and thoroughly mix. Cook on hot griddle.

SWEET MILK GRIDDLE CAKES

1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1 egg, separated
1 cup milk
2 teaspoons melted butter

Mix and sift dry ingredients. Add egg yolk well beaten, milk, and melted butter. Fold in beaten egg whites. Cook on hot griddle.

MUFFINS

APPLE GEMS

1 cup cornmeal
1½ cups flour
½ teaspoon salt
2 tablespoons sugar
5 teaspoons baking powder
2 tablespoons molasses
1 cup milk
4 sour apples

Sift dry ingredients, add molasses and milk and beat until smooth. Peel and chop apples, adding them to batter. Put into muffin-tins and bake in a moderately hot oven.
Time in oven, 25 minutes. Temperature, 375°. Servings, 12.

BERRY GRIDDLE MUFFINS

2 cups flour
3 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
2 tablespoons shortening
½ cup milk
¾ cup berries

Sift dry ingredients, rub in shortening and add milk to make a soft batter. Add the berries and drop in muffin rings and bake on a hot griddle. Without the berries these are like baking powder biscuit.
Time in cooking, 20 minutes. Servings, 18.

BRAN MUFFINS

1 cup flour
1 teaspoon salt
1 teaspoon soda
2 cups bran
1¼ cups milk
½ cup molasses
1 egg

Mix and sift flour, salt and soda. Add bran, milk, molasses, and egg well beaten. Bake in greased muffin tins in a moderate oven.
Time in oven. 30 minutes. Temperature, 350°. Servings, 12.

DATE BRAN MUFFINS

1 cup flour
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
2 cups bran
1 egg
1½ cups milk
½ cup dates

Sift flour, baking powder, salt, and sugar. Mix with bran into which the beaten egg has been stirred. Add the milk and beat thoroughly, then add dates cut into small pieces. Bake in moderate oven.
Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

CHEESE MUFFINS

1½ cups whole wheat meal
½ cup white flour
⅓ cup grated cheese
½ teaspoon salt
2 tablespoons sugar
3 teaspoons baking powder
1¼ cups milk

Mix well in order given and bake in well-greased muffin pans in a moderate oven.
Time in oven. 35 minutes. Temperature, 350°. Servings, 10.

CORN BREAD

1 cup molasses
1 cup sour milk
2 cups corn meal
2 cups white flour
1 teaspoon soda
1 teaspoon salt

Warm molasses, add sour milk and sifted dry ingredients, mix thoroughly. Bake in a deep dripping pan in a hot oven. Cut into squares while warm and serve.
Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

CORN BREAD OR MUFFINS

1 cup yellow meal
1 cup sifted wheat flour
1 teaspoon salt
6 teaspoons baking powder
2 tablespoons corn syrup
1 cup milk
1 tablespoon shortening (melted)

Sift together dry ingredients, add syrup, milk, and shortening. If sugar is used in place of syrup, add two tablespoons extra milk or water. Bake in a shallow pan or in muffin-tins in a hot oven. One egg may be added by omitting one teaspoon baking powder.
Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

SPIDER CORN CAKE

1 tablespoon shortening
2 eggs (well beaten)
1¼ cups corn meal
1 teaspoon soda
1 teaspoon salt
2 cups sour milk
1 cup sweet milk

Melt shortening in spider. Mix all the rest of the ingredients except sweet milk. Put the mixture into the spider, pour the milk over it and cook on stove one minute and then bake in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 375°. Servings, 8.

CORN MUFFINS ON GRIDDLE

1 egg
1 cup milk
¼ cup sugar
2 tablespoons melted shortening
½ teaspoon salt
1 cup flour
1 cup yellow corn meal
3 teaspoons baking powder

Beat egg and add milk, sugar, and shortening, then add sifted dry ingredients and beat well. Bake in muffin rings on a hot griddle, filling the rings half full.
Time in cooking, 25 minutes. Servings, 14.

EGGLESS CORN MUFFINS

1⅛ cups flour
1⅛ cups yellow corn meal
½ teaspoon soda
½ teaspoon salt
2 tablespoons sugar
1 teaspoon baking powder
1½ cups sour milk
1 tablespoon melted shortening

Sift dry ingredients, add milk and shortening. Beat thoroughly. Fill greased muffin rings half full and cook on a hot griddle.
Time in cooking, 25 minutes. Servings, 14.

VIRGINIA CORN MUFFINS

1 cup corn meal
½ cup flour
¼ cup sugar
5 teaspoons baking powder
¾ teaspoon salt
1 egg
½ cup milk
2 tablespoons melted shortening or cooking oil

Mix and sift dry ingredients. Beat egg and add milk. Combine mixtures and add shortening. Bake in well greased muffin pans in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 375°. Servings, 16.

CRACKED WHEAT MUFFINS

½ cup fine cracked wheat
½ cup whole wheat meal
½ cup white flour
½ teaspoon salt
1 tablespoon sugar
1 cup water
1 egg (beaten)
1 teaspoon soda
¼ cup molasses

Mix together all dry ingredients but soda. Add water and egg and stir well. Add soda to molasses and add to first mixture. Beat well before pouring batter in hot muffin pans. Bake in a moderately hot oven.
Time in oven, 35 minutes. Temperature, 375°. Servings, 8.

ENTIRE WHEAT EGGLESS MUFFINS

1 cup flour
1 cup entire wheat flour
2 tablespoons sugar
1 teaspoon salt
4 teaspoons baking powder
1 cup milk
¼ cup water
2 tablespoons shortening

Combine and sift dry ingredients then add liquids, shortening, and beat thoroughly. Bake in greased muffin-tins in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 375°. Servings, 12.

FRUIT MUFFINS

⅔ cup graham flour
1 cup entire wheat flour
½ cup flour
¼ cup sugar
1 teaspoon salt
2 teaspoons baking powder
1 teaspoon soda
¾ cup fruit (dates, nuts, raisins)
3 tablespoons molasses
1 cup sour milk
1 teaspoon mapleine
2 tablespoons melted shortening

Mix and sift dry ingredients. Add fruit cut rather fine, molasses, milk, and mapleine. Beat well, add melted shortening and bake in muffin tins in a moderately hot oven.
Time in oven, 40 minutes. Temperature, 375°. Servings, 14.

GRAHAM GEMS WITH BUTTERMILK

1 teaspoon soda
1 teaspoon salt
2 cups graham flour
1 cup white flour
½ cup sugar
2 cups buttermilk

Mix ingredients in order given. Beat well. Bake in gem pans in a moderately hot oven.
Time in oven, 25 minutes. Temperature, 375°. Servings, 8.

GRAHAM MUFFINS

1 cup graham flour
1 cup white flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons melted shortening
2 tablespoons molasses
⅔ cup milk

Mix dry ingredients and add shortening, molasses, and milk to make a rather soft batter. Beat well and bake in rings on a griddle, filling the rings half full.
Time in cooking, 25 minutes. Servings, 12.

JOHNNY CAKE

1 cup flour
1 cup corn meal
3 teaspoons baking powder
1 teaspoon salt
1 egg
½ cup sugar
1 cup milk
3 tablespoons honey
3 tablespoons cooking oil

Sift flour, corn meal, baking powder, and salt together. Beat egg and add sugar. Warm the milk slightly and pour the honey into it. Stir together thoroughly, egg, sugar, and milk to which honey has been added. Add cooking oil and combine with the sifted dry ingredients. Bake in a hot oven. Time in oven, 20 minutes. Temperature, 400°. Servings, 7.

APPLE JOHNNY CAKE

2 cups corn meal
⅜ cup sugar
¼ teaspoon salt
1 teaspoon cream of tartar
½ teaspoon soda
1½ cups milk
2½ cups chopped tart apples

Mix and sift dry ingredients and add milk and apples. Beat well and turn into a well-greased shallow tin. Bake in a hot oven. If the apples are not very tart, less sugar will be needed.
Time in oven, 30 minutes. Temperature, 400°. Servings, 8.

MOCK NUT MUFFINS

2 cups sour milk
1 teaspoon soda
1 teaspoon salt
2 teaspoons baking powder
1 tablespoon sugar
½ cup corn meal
½ cup bran
½ cup flour
2 cups steel cut oatmeal
2 tablespoons melted butter

Mix milk and soda thoroughly. Mix all dry ingredients and combine the two mixtures. Add melted butter and pour into greased muffin pans. Bake in a moderate oven.
Time in oven, 1 hour. Temperature, 350°. Servings, 12.

MUFFINS WITH EVAPORATED MILK

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
2 tablespoons sugar
1 egg
½ cup water
½ cup evaporated milk

Mix and sift dry ingredients. Beat egg until light, add water and evaporated milk, and beat again. Combine mixtures and beat hard for two minutes. Pour into muffin tins and bake in a moderately hot oven.
Time in oven, 25 minutes. Temperature, 375°. Servings, 8.

POPOVERS

1 cup flour
¼ teaspoon salt
1 cup milk
1 egg

Sift together flour and salt. Add milk gradually, stirring until smooth. Drop in egg unbeaten and beat with a rotary egg beater until free from lumps. Pour into very hot, well-greased muffin pans or earthenware cups and bake until puffed and firm, starting with a hot oven and reducing the heat for the last part of the baking.
Time in oven, 45 minutes. Temperature, 450°, 25 minutes; 300°, 20 minutes. Servings, 6.

POTATO MUFFINS

4 tablespoons shortening
2 tablespoons sugar
1 egg
1 cup mashed potato
2 cups flour
3 teaspoons baking powder
½ teaspoon salt
1 cup milk

Cream the shortening and sugar, add the egg well beaten and then the potato. Mix thoroughly. Sift flour, baking-powder and salt and add alternately with milk to first. mixture. Bake in muffin tins in a moderately hot oven.
Time in oven, 25–30 minutes. Temperature, 375°. Servings, 10.

ROYAL GEMS

1 cup rye meal
1 cup whole wheat meal
½ cup corn meal
3½ teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1 tablespoon melted shortening
2 cups milk or water

Mix dry ingredients. Beat in melted shortening and liquid and bake in a moderately hot oven.
Time in oven, 25 minutes. Temperature, 375°. Servings, 16.

SALLY LUNN GRIDDLE MUFFINS

1 egg
¼ cup sugar
2 tablespoons melted butter or margarine
½ teaspoon salt
2 cups bread flour
2 teaspoons baking powder
1 cup milk

Beat eggs, add sugar, butter, sifted dry ingredients and milk. Beat well, and bake in muffin rings on a hot griddle.
Time in cooking, 20 minutes. Servings, 16.

SQUASH MUFFINS

1 cup milk
3 tablespoons sugar
½ teaspoon salt
½ cup cooked and sifted squash
1 egg
Pinch of ginger
2 tablespoons melted shortening
2½ cups flour
3 teaspoons baking powder

Combine ingredients, using enough flour to make a soft batter. Sift the baking powder in the first cupful of flour. Bake on a hot griddle in rings.
Time in cooking, 30 minutes. Servings, 18.

WAFFLES

CHOCOLATE WAFFLES

½ cup cocoa
½ cup hot water
1 cup milk
2 eggs
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
¼ cup sugar
2 tablespoons melted shortening
½ teaspoon vanilla

Mix cocoa to a paste with the water and bring to boiling-point, stirring constantly. Add milk, eggs well beaten, and dry ingredients mixed and sifted. Add shortening and vanilla and beat well. Serve with chocolate sauce, marshmallow cream, or vanilla ice cream.

CORN WAFFLES

2 eggs
1 cup milk
1 cup grated corn
1¾ cups flour
3 teaspoons baking powder
2 teaspoons sugar
½ teaspoon salt
4 tablespoons melted butter or margarine

Beat yolks of eggs until light, add milk and corn. Fresh grated corn or finely chopped canned corn may be used. Mix and sift dry ingredients and add to first mixture. Add shortening and fold in stiffly beaten egg whites.

PLAIN WAFFLES

2 eggs
1½ cups milk
2 cups flour
1 tablespoon sugar
½ teaspoon salt
4 teaspoons baking powder
4 teaspoons melted shortening

Beat eggs until very light. Add milk. Mix and sift dry ingredients and add to first mixture. Add shortening and beat well. The amount of flour necessary may vary slightly with different brands. The batter should be of a consistency

to pour well. (Instead of using sweet milk and baking powder in this recipe, the same amount of sour milk may be used by allowing one-half teaspoon of soda to a cup of milk).

RICE WAFFLES

2 eggs
1¼ cups milk
1 cup cooked rice
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
3 tablespoons melted butter

Beat eggs until very light. Add milk, rice, and dry ingredients which have been mixed and sifted. Add shortening and beat well.

SOUR CREAM WAFFLES

2 egg yolks
¾ cup sour milk
½ cup sour cream
1½ cups flour
½ teaspoon salt
1 tablespoon sugar
½ teaspoon soda
2 egg whites

Beat egg yolks well and add milk and cream. Mix and sift dry ingredients and add to first mixture. Fold in egg whites which have been beaten until stiff.

SOUTHERN WAFFLES

1¾ cups flour
4 tablespoons corn meal
½ teaspoon salt
1 tablespoon sugar
4 teaspoons baking powder
1 egg
1½ cups milk
3 tablespoons melted shortening

Mix and sift dry ingredients. Beat egg yolk until light, add milk, and mix with dry ingredients. Add shortening and beat well. Fold in stiffly beaten egg white.

CAKE, COOKIES AND GINGERBREAD

Facts to Remember about Cake Making

However wide the apparent variety there are only two kinds of cake; butter cakes, which contain fat of some kind, and sponge cakes, which are made without fat. Butter cakes usually depend upon a chemical leavening agent, while in sponge cakes air incorporated in beaten eggs supplies the leavening.

Variety in cakes is obtained by combining the ingredients in different proportions, by using different flavors and spices and by adding enriching ingredients like fruit and nuts. Raised cake, made with a foundation of bread dough, comes in the class of butter cakes.

Pastry flour, because of its large proportion of starch, makes lighter and more tender cake than does bread flour. For the very best results the flours milled especially for cake making, from wheat high in starch, are to be recommended.

Careful mixing is of the utmost importance in cake making. For example, one of the commonest faults in the mixing of butter cakes is insufficient creaming of the shortening and sugar. The shortening should be creamed until it is very soft, and the sugar added gradually. The whole mass should be kept light and fluffy. Eggs should be thoroughly beaten before adding, and the batter should be beaten after the flour is added. With sponge cakes, the egg yolks, flour, and sugar should be thoroughly blended to insure a fine texture. Egg whites should be folded in gently so that the air which they hold will be retained.

Divide the baking time for cake into quarters: (1) During the first quarter the cake should begin to rise, and at the end of that time the portion nearest the tin should be higher than the rest, and bubbles should show over the top. (2) During the second quarter the rising should continue, and the cake should appear slightly baked next to the tin, with bubbles still showing through the centre. (3) During the third quarter the baked appearance should extend over the top, and browning should take place. (4) During the last quarter the cake should finish browning and shrink from the tin. Opening the oven door and moving the cake gently is safe after the first half of the baking time is over.

The most common baking fault is too hot an oven. In too hot an oven the cake bakes (and sometimes burns) next the pan and over the

top, before the rising is complete. As a result the gas, which continues to expand, either humps the cake in the place where the heat is lowest, or makes a crack there through which the expanding batter can escape.

The oven temperature varies with the nature of the batter and the form in which it is baked. A very rich cake requires a slower oven than a simpler cake does. A cake containing molasses tends to burn easily, and therefore needs to be baked more slowly than a similar mixture made with white sugar. A loaf should be baked at a lower temperature than a thin sheet or individual cakes. Sponge and angel cake require a very moderate oven.

Variations of any plain cake recipe may be made in the following ways:

Add enriching ingredients to the recipe, chopped nuts, raisins, bits of candied fruit, separately or in combination. Berries and fresh fruits may also be used.

Use the vegetable colorings. In combination with a change of flavoring these are especially effective for "show cakes."

Variety in shape may be had by baking the cake in a high, narrow tin, in a broad shallow tin, in muffin tins (large and small), in layer cake-pans, and in well-greased jelly molds.

ANGEL FOOD CAKE

Pinch salt
1 cup egg whites
1¼ cups fine granulated sugar
1 cup sifted flour
1 teaspoon cream of tartar
¼ teaspoon almond extract
½ teaspoon vanilla

Add salt to egg whites and beat until stiff and dry. Fold in sugar, then flour sifted several times with cream of tartar. Add flavorings and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 8,

APPLE SAUCE CAKE

1 cup sugar
½ cup shortening
1¾ cups flour
1 cup warm apple sauce
1 teaspoon soda
½ teaspoon orange extract
½ teaspoon cinnamon extract
½ teaspoon nutmeg extract
1 cup raisins

Cream the sugar and shortening together, add the flour and the warm apple sauce in which the soda has been dissolved; add the extracts, and the raisins which have been dredged in flour. Bake in a loaf in a moderate oven.

Time in oven, 45 minutes. Temperature, 350°. Servings, 8.

BLACK AND WHITE CAKE

2 squares unsweetened chocolate
½ cup sugar
½ cup sweet milk
1 egg yolk
¼ cup butter or margarine
½ cup sugar
1 egg
¼ cup sour milk
1⅓ cups flour
½ teaspoon soda
½ teaspoon vanilla

Melt chocolate over hot water, add one-half cup of sugar, and sweet milk gradually, then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the butter, add gradually one-half cup sugar, egg well beaten, sour milk, and flour mixed and sifted with soda. Combine mixtures and add vanilla. Bake in shallow cake pans in a moderate oven. Put boiled frosting between and on top.
Time in oven, 30 minutes. Temperature, 350°. Servings 8.

BLITZ KUCHEN

1 cup sugar
2 teaspoons baking powder
1½ cups flour
½ teaspoon salt
½ cup butter or margarine
2 eggs
1 cup milk
4 tablespoons crushed nuts

Sift sugar, baking powder, flour, and salt into a bowl. Add butter or margarine and rub into dry ingredients. Add beaten eggs and milk, and if necessary more flour to make a rather stiff batter. Spread about one inch deep in greased pans. Sprinkle top with sugar and crushed nuts. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

BREAD CAKE

1 egg
1 cup sugar
¾ lb. bread dough
½ cup melted fat
1 cup raisins
⅛ teaspoon nutmeg
⅓ teaspoon cinnamon
½ teaspoon soda

Beat egg, add sugar, and knead into the bread dough. Add rest of ingredients and put into a greased loaf tin. Bake at once in a slow oven.
Time in oven, 1 hour, 15 minutes. Temperature, 300–325°. Servings, 8.

BRIDE'S CAKE

⅔ cup butter or margarine
2 cups flour
½ teaspoon soda
1½ tablespoons lemon juice or vinegar
6 egg whites
1¼ cups powdered sugar

Cream butter, add gradually one and one-third cups flour sifted with soda, then add lemon juice. Beat egg whites until stiff and add powdered sugar gradually, while beating constantly. Combine mixtures, then fold in remaining flour. Bake in two round molds, one smaller than the other. Put together with frosting between and smaller cake on top. Press into cake a coin, ring, thimble and button.

For ornamental frosting use Palm Beach Frosting (see page 196) before chocolate or fruit have been added to it. Put it on with a pastry-bag.

Time in oven, 50 minutes. Temperature, 325°. Servings, 12.

PLAIN BUTTER CAKE

¼ cup butter or margarine
½ cup sugar
1 egg
½ cup milk
1½ cups flour
3 teaspoons baking powder
½ teaspoon vanilla

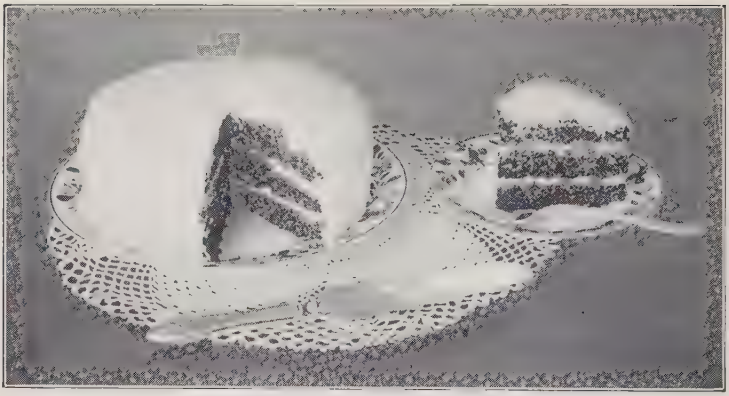
Cream butter, add sugar gradually, and egg well beaten. Add milk alternately with flour and baking powder, which have been mixed and sifted. Add vanilla and beat thoroughly. Bake in a loaf in a moderate oven.

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

CHOCOLATE CAKE NO. 1

2 cups sugar
2 tablespoons butter or margarine
2 egg yolks
1½ cups buttermilk or rich sour milk
1 teaspoon salt
2 teaspoons soda
4 cups flour
4 squares chocolate
½ cup boiling water
2 teaspoons vanilla

Cream sugar and shortening. Beat egg yolks and add with milk and sifted salt, soda and flour. Beat well, then add



CHOCOLATE CAKE NO. 2. — *Page 67*

JELLY ROLL. — *Page 72*

chocolate dissolved in boiling water and cooled. Add flavoring. Bake in a moderate oven in layers or cup cakes.
Time in oven, 30 minutes. Temperature, 350°. Servings, 20.

CHOCOLATE CAKE NO. 2

1 cup butter
2 cups sugar
4 squares chocolate
4 eggs
1 cup milk
3 cups flour
4 teaspoons baking powder
1 teaspoon vanilla

Cream the butter, add the sugar gradually and mix thoroughly, partly dissolving the sugar. Melt the chocolate over hot water, and add it to the creamed butter mixture. Add the beaten egg yolks; then the milk and flour alternately. The baking powder should be sifted with the last cupful of flour. Add the flavoring, and then fold in the beaten whites of eggs. Bake in layers in a moderate oven. For the filling and frosting use Quick Icing (see page 197).
Time in oven, 30 minutes. Temperature, 350°. Servings, 10.

EGGLESS CHOCOLATE CAKE

½ cup butter or cooking oil
1½ cups brown sugar
½ cup cocoa
1 cup hot water
1 teaspoon soda
2 cups flour
1 teaspoon baking powder
½ teaspoon salt
1 cup buttermilk or sour milk
1 teaspoon vanilla

Cream butter and sugar, add cocoa mixed with one-half of water, and soda in other half. Add flour with baking powder and salt. Lastly, beat in sour milk and vanilla. Bake in layers in a moderate oven. Use Chocolate Filling (see page 197.)
Time in oven, 30 minutes. Temperature, 350°. Servings, 10.

CHOCOLATE AND MOCHA CAKE

½ cup butter
1½ cups sugar
2 eggs
½ cup sour milk
½ teaspoon soda
2 cups flour
1 teaspoon vanilla
2 squares chocolate
½ cup boiling water

Cream butter and sugar. Add beaten eggs, milk, flour mixed and sifted with the soda. Add vanilla then the chocolate melted, to which hot water has been added. Bake in layer tins in a moderate oven. Use Mocha Filling and Icing. (see page 201).
Time in oven, 30 minutes. Temperature, 350°. Servings, 12.

CHOCOLATE POTATO CAKE

½ cup shortening
1 cup sugar
2 eggs, slightly beaten
¾ cup mashed potato
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
⅜ cup milk
½ cup grated chocolate (melted over hot water)

Cream shortening and sugar. Add eggs and potato. Add the flour, mixed with the baking powder and salt, alternately with the milk. Add the chocolate last. Bake in layers or muffin-tins in a moderate oven.
Time in oven, 20 minutes. Temperature, 350°. Servings, 12.

DATE LOAF CAKE

1 pound dates (after stoning)
1 pound English walnut meats
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
1 cup sugar
4 eggs
1 teaspoon vanilla

Have dates and nut meats as whole as possible. Sift over them flour, baking powder, salt, which have been sifted together first, then sifted again with the sugar. Beat in egg yolks and fold in whites beaten stiff. Add flavoring and bake in a moderate oven.
Time in oven, 1 hour. Temperature, 325°. Servings, 15.

DELICIOUS CAKE

1 cup butter
2 cups sugar
4 eggs
3½ cups sifted flour
3 teaspoons baking powder
1 cup water
1 teaspoon vanilla
1 cup raisins, chopped fine
1 cup walnut meats
1 cup citron, sliced thin

Cream butter and sugar. Add egg yolks and beat until creamy. Sift flour and baking-powder together and add alternately with water to first mixture. Add vanilla, raisins, nut meats, and citron. Fold in egg whites beaten stiff. Bake in two layers in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 12.

DEVIL'S FOOD

½ cup cocoa
2 cups brown sugar
½ cup shortening
1 cup sour milk
2½ cups flour
1 teaspoon salt
1 teaspoon soda
½ cup water

Mix cocoa and sugar, and cream with shortening. Add sour milk, flour, and salt. Dissolve soda in water and add last. Beat well and bake in layers in a moderate oven.
Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

DIVINITY CAKE

½ cup butter
1½ cups granulated sugar
3 cups sifted flour
3 teaspoons baking powder
¼ teaspoon salt
1 cup cold water
1 teaspoon lemon extract
¼ cup candied cherries
¼ cup candied pineapple
3 egg whites

Cream butter, add sugar gradually and beat well together. Mix and sift dry ingredients and add alternately with water. Add flavoring and fruit and fold in egg whites beaten stiff. Bake in two layers in a moderate oven. Put together with boiled frosting flavored with almond, and spread melted unsweetened chocolate over the top.
Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

EMPIRE STATE CAKE

1 cup butter
2 cups sugar
4 eggs
2 cups flour
2 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 cup mashed potato
½ cup sweet milk
1 teaspoon vanilla
1 teaspoon lemon extract
1 cup grated melted chocolate
1 cup walnut meats

Cream butter very thoroughly, add sugar gradually, and well beaten eggs. Beat well. Sift dry ingredients and add alternately with potato to which milk has been added. Add flavorings and chocolate, last of all nuts. Cake may be baked in a loaf or small individual cake pans. Cover with boiled frosting or melted fondant. Small cakes may have a piece of cherry for decoration. Bake in moderate oven.
Time in oven, 40 minutes. Temperature, 350°. Servings, 12.

FIG CAKE

2 tablespoons shortening
Pinch salt
¾ cup sugar
1 teaspoon nutmeg
2 eggs
2 cups bread crumbs (fine)
4 teaspoons baking powder
1 cup flour
¼ pound figs (sliced)

Mix shortening, salt, sugar, and nutmeg; beat and stir in the eggs, then the bread crumbs. Sift the baking powder and flour together and add the figs. Combine the mixtures and turn the batter into a loaf-shaped or round pan with cone, well greased. Bake in a moderate oven.
Time in oven, 30 to 40 minutes. Temperature, 350°. Servings, 12.

FRUIT CAKE NO. 1.

1 cup butter or margarine
1 cup sugar
3 eggs
1 cup molasses
3 cups flour
1 teaspoon soda
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon clove
1 pound raisins
1 pound citron
1 pound currants or small raisins
1 cup strong coffee

Cream butter and sugar, add beaten eggs and molasses. Sift dry ingredients, add, and beat thoroughly. Add chopped fruits and beat again. Any combination of dried candied fruits may be used. Bake very slowly in a moderate oven. Keep in a cool but not too moist place, as age improves this cake. The coffee should be poured or sprinkled carefully over the cake as it is taken from the oven. If baked in a covered roasting pan with the cover on until the last half hour, no coffee will be needed to soften the cake.
Time in oven, 2½ hours. Temperature, 300–350°. Servings, 24.

FRUIT CAKE NO. 2.

1½ cups shortening
4 cups sugar
6 eggs
2 cups milk
6½ cups flour
2 teaspoons soda
2 teaspoons cinnamon
2 teaspoons allspice
2 cups raisins
2 packages dates
1 pound walnut meats

Cream shortening, add sugar and beaten eggs, milk, and dry ingredients mixed and sifted. Add chopped fruits, nuts, and mix well. Bake in three or more loaf tins in a moderate oven. Time in oven, 1½ hours. Temperature, 325°. Servings, 36.

FRUIT CAKE (Japanese)

1 cup butter
4 eggs
2 cups sugar
1 cup milk
2½ cups flour
1 teaspoon salt
3 teaspoons baking powder
1 cup chopped nuts
½ teaspoon vanilla
½ pound seedless raisins
¼ teaspoon clove
¼ teaspoon cinnamon

Make cake batter by creaming butter, adding beaten eggs, sugar, milk, and sifted dry ingredients. Divide in two parts; add to one portion the nuts and vanilla, and to the second portion the raisins and spice. Bake in four layers in a moderate oven, and put together with Japanese Filling (see page 200), using Japanese Icing for top.
Time in oven, 20 minutes. Temperature, 325°. Servings, 18.

GRAHAM CRACKER CAKE

⅓ cup butter or other shortening
1 cup sugar
2 eggs
1 cup milk
1 cup flour
2 teaspoons baking powder
½ cup cocoanut
1 cup graham cracker crumbs
1 teaspoon vanilla

Cream butter, add sugar, beaten eggs, milk, sifted flour, and baking powder. Beat well, add cocoanut, and cracker crumbs last and mix in quickly. Flavor, and bake in two layers in a moderately hot oven. Put the two layers together with Custard Filling (see page 199).
Time in oven, 20 minutes. Temperature, 375°. Servings, 12.

JELLY ROLL

2 eggs
¾ cup sugar
4 tablespoons cold water
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla
Jelly

Beat egg yolks, add sugar gradually, beating after each addition. Add water and beat well. Mix and sift flour with baking powder and salt, add to the first mixture and beat again. Add vanilla. Fold in egg whites, beaten stiff. Pour into a rectangular pan, nine and one-half by fourteeen and one-half inches, three-quarters inches deep, which it will fill to the depth of a quarter of an inch. Bake in moderate oven. Time in oven, 20 minutes. Temperature, 325°. Servings, 10.

Be careful not to overbake the cake or it will have a hard crust that will be difficult to handle. The minute it is done turn out on a sugared cloth. Cut off the edges, for they harden quickly and break in rolling. Spread with jelly, and coax gently into a smooth roll, wrapping the cloth about it as you proceed. Leave the cloth around the roll for a short time so that it will keep its shape.

MAPLE SYRUP CAKE

1¼ cups flour
½ teaspoon salt
2 teaspoons baking powder
1 egg yolk
¾ cup maple syrup
1 tablespoon shortening
6 tablespoons milk
1 teaspoon vanilla

Mix and sift dry ingredients. Beat egg yolk, syrup, and shortening together then combine all ingredients and beat thoroughly. Bake in a moderate oven. Use Maple Syrup Frosting (see page 195).
Time in oven, 25 minutes. Temperature, 350°. Servings, 8.

VARIETY MARBLE CAKE

- 1¼ cups flour
- 1¼ teaspoons baking powder
- 1 cup sugar
- ½ teaspoon salt
- 2 eggs
- Melted butter
- ½ cup milk
- 1 teaspoon flavoring

Sift dry ingredients. Put unbeaten eggs into measuring cup and add enough melted butter to eggs to make cup one-half full, then fill cup with milk. Add to dry ingredients. Add flavoring and beat about five minutes. Very easily and quickly made. Bake in moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 8.

Variations

1. Plain White Cake. Follow recipe as it stands.
2. White Layer Cake. Follow recipe as written and bake in layer tins.
3. Marble Cocoa Cake. Follow recipe and add two tablespoons cocoa to one-third batter. Put dark and light batters alternately by spoonfuls into one pan.
4. Marble Spice Cake. Follow recipe and add ¼ teaspoon clove, ¼ teaspoon allspice, and ¼ teaspoon cinnamon to one-third batter. Proceed as for Marble Cocoa Cake.
5. Plain Cocoa Cake. Follow recipe, adding 3 tablespoons cocoa to batter.
6. Cocoa Layer Cake. Follow Plain Cocoa Cake recipe and bake in layer tins.

MARTHA WASHINGTON'S FRUIT CAKE

- ½ pound butter
- 1½ pounds sugar
- 6 eggs
- 1 pint sour cream
- 1 teaspoon soda
- 1¾ pounds flour
- ¼ teaspoon mace
- 1 teaspoon nutmeg
- 4 tablespoons lemon juice
- Grated rind of 2 lemons
- 1 pound currants or seedless raisins
- ½ pound citron
- 1 pound seeded raisins

Cream butter, add sugar gradually, then well beaten egg yolks and cream. Mix soda with flour and spices, then combine mixtures. Add lemon juice and rind. Fold in beaten egg whites last with the fruit. Bake in a slow oven, having pan covered with oiled paper until last ten minutes of cooking.
Time in oven, 3 hours. Temperature, 275–300°. Servings, 36.

PINEAPPLE CAKE

⅓ cup butter or margarine
1 cup sugar
3 eggs
1½ cups flour
2 teaspoons baking powder
⅛ teaspoon soda
1 cup grated pineapple

Cream shortening, add sugar gradually, and the eggs well beaten. Mix and sift dry ingredients, and add to first mixture alternately with pineapple. Bake in a moderate oven.
Time in oven, 40 minutes. Temperature, 325°. Servings, 8.

PORK CAKE

½ pound fat pork
1 cup boiling water
1 cup molasses
1 cup brown sugar
1 cup raisins
4 cups flour
1 teaspoon cinnamon
1 teaspoon clove
1 teaspoon soda

Chop pork and add boiling water, add molasses, sugar, and chopped raisins. Add sifted flour, spices and soda. Beat five minutes and bake in a slow oven until cooked through.
Time in oven, 1½ hours. Temperature, 300–325°. Servings, 18.

SPONGE CAKE

4 eggs
1 cup powdered sugar
2 tablespoons lemon juice
1 teaspoon grated lemon rind
¾ cup bread flour
1½ teaspoons baking powder
½ teaspoon salt

Beat yolks of eggs thoroughly, add sugar gradually, beating well after each addition. Add lemon juice and rind and

beat again. Mix flour, baking-powder, and salt, and sift together twice. Sift into egg mixture and beat three minutes. Fold in egg whites which have beaten until stiff. Bake.
Time in oven, 55 minutes. Temperature, 325°. Servings, 8.

CHOCOLATE SPONGE CAKE

2 cups brown sugar
½ cup butter
1 square chocolate
½ cup sour milk or cream
2 egg yolks
1 teaspoon vanilla
2 cups flour
1 teaspoon soda
1 cup boiling water
2 egg whites

Cream sugar with melted butter and chocolate, add milk and beat thoroughly. Add egg yolks, vanilla, flour mixed with soda and boiling water. Reserve a small portion of flour to add after the boiling water, then beat until very smooth and light. Lastly, add beaten whites. Bake in moderate oven. This makes a large loaf cake.
Time in oven, 40 minutes. Temperature, 300°. Servings, 8.

ORANGE SPONGE CAKE

3 eggs
1 cup sugar
⅓ cup orange juice
Grated rind of one orange
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt

Beat whites of eggs until stiff, then add the yolks one at a time, beating after each addition. Add the sugar, grated orange rind and orange juice. Fold in the flour mixed and sifted with baking powder and salt and bake in a shallow pan in a moderate oven. Cut in fancy shapes.
Time in oven, 40 minutes. Temperature, 325°. Servings, 10.

POTATO FLOUR SPONGE CAKE

4 eggs yolks
¾ cup sugar
4 egg whites
¾ cup potato flour
1 teaspoon baking powder
¼ teaspoon salt
½ tablespoon lemon juice

Beat yolks of eggs until thick and lemon-colored and add sugar gradually, while beating constantly. Then add whites

of eggs beaten until stiff. Mix and sift dry ingredients and cut and fold into mixture. Add lemon juice, turn into a greased and floured cake-pan, and bake in a moderate oven. Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

THANKSGIVING OR CHRISTMAS CAKE

2 cups bread sponge
2 eggs
2 cups sugar
1 teaspoon soda, dissolved in ½ cup water
1 cup lard and butter mixed
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
2 cups raisins
1 cup mixed fruit (figs, orange peel, cherries, citron)
3½ cups flour

Mix all ingredients together well and let rise two and one-half hours. Bake in two loaves in a moderate oven. This cake is best made two or more months before wanted for use. Wrap in waxed paper, put in a tin box and seal.
Time in oven, 2½ hours. Temperature, 350°. Servings, 18.

WHITE CAKE (Eggless)

⅓ cup lard or margarine
1 cup sugar
2 cups flour
½ teaspoon salt
4 teaspoons baking powder
1 cup milk
1 teaspoon flavoring

Cream shortening and add sugar. Sift flour, salt, and baking powder several times together, then add alternately with milk. Add flavoring last and beat hard for two minutes. Bake at once in moderately hot oven.
Time in oven, 25 minutes. Temperature, 375°. Servings, 12.

PLAIN WHITE CAKE

½ cup butter
1 cup sugar
2 cups sifted flour
¼ teaspoon salt
3 teaspoons baking powder
⅔ cup milk
1 teaspoon lemon extract
3 egg whites

Cream butter, add sugar, and beat well. Sift flour, salt, and baking powder together three times, and add alternately

with the milk. Add flavoring and fold in stiffly beaten whites. Pour into a greased pan. Bake in a moderate oven. Time in cooking, 35 minutes. Temperature 350°. Servings, 10.

SMALL CAKES

ALMOND CAKES IN PAPER CASES

¼ cup butter
½ cup sugar
4 egg yolks
¼ cup milk
⅞ cup flour
1⅓ teaspoons baking powder
Shredded almonds
Powdered sugar

Cream butter, add sugar gradually, egg yolks well beaten, milk, and flour mixed with baking powder. Put in paper cases, sprinkle with shredded almonds and powdered sugar and bake in a moderately hot oven.
Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

ANGEL CAKE SUPREME

Angel Cake
Butter
Chopped Nuts

Tear angel cake into small pieces and butter all over with soft, very fresh butter to which a few drops of vanilla have been added. Roll each piece in finely chopped nuts. These are delicious with afternoon tea.

CUP CAKES

⅓ cup shortening
1 cup granulated sugar
2 eggs
½ cup milk
1½ cups flour
2¼ teaspoons baking powder
¼ teaspoon salt
½ teaspoon flavoring

Cream the shortening, add sugar gradually, and beat well; add yolks of eggs well beaten and beat again. Add milk, flour, baking-powder, salt and flavoring. Beat until light. Fold in carefully the whites beaten to a stiff froth, and pour at once into lightly greased pans. Bake in a moderately hot oven.
Time in oven, 20–25 minutes. Temperature, 375°. Servings, 10.

FRUIT CAKES

1 cup brown sugar
1 cup hot water
1 cup raisins
½ cup cooking oil
3 tablespoons chocolate
1 teaspoon cinnamon
½ teaspoon cloves
2 cups flour
2 teaspoons baking powder

Boil sugar, water, raisins and oil together five minutes. Add chocolate and spices, and cool. Add this to flour and baking powder. Bake in gem pans in moderate oven.
Time in oven, 35 minutes. Temperature, 325°. Servings, 12.

GOLDEN CAKES

½ cup butter or margarine
1½ cups sugar
4 egg yolks
1 egg white
2½ cups flour
2 teaspoons baking powder
½ cup milk
¼ teaspoon almond extract
½ teaspoon vanilla

Cream shortening, add sugar gradually and cream together. Beat egg yolks and whites well and add to first mixture. Mix and sift dry ingredients and add alternately with milk. Add flavorings. Turn into individual pans and bake in a moderate oven. Frost with boiled frosting, using whites of eggs in frosting. Decorate with maraschino cherries.
Time in oven, 15 minutes. Temperature, 350°. Servings, 15.

HAZEL NUT CAKES

½ cup butter or margarine
1 cup sugar
3 eggs
½ cup milk
1¾ cups flour
2 teaspoons baking powder

Cream butter, add gradually sugar, egg yolks well beaten, milk, flour mixed with baking powder, and egg whites beaten stiff. Bake in a thin sheet in a moderately hot oven. Shape with small cutter and put together with Hazel Nut Filling. (see page 200.)
Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

LADY FINGERS

6 egg whites
⅔ cup powdered sugar
4 egg yolks
1 teaspoon vanilla
⅔ cup flour
⅛ teaspoon salt

Beat egg whites until stiff and dry, add gradually powdered sugar, and continue the beating. Beat yolks of eggs until thick and lemon-colored, fold into first mixture then add vanilla and fold in flour mixed with salt. Shape close together on an unbuttered paper placed on a tin sheet, using a pastry-bag and tube. Sprinkle with powdered sugar and bake in a moderate oven.
Time in oven, 8 minutes. Temperature, 325°. Servings, 20.

ORANGE BLOSSOM CAKES

¼ cup shortening
1 cup sugar
2 egg yolks (unbeaten)
¾ cup milk
1½ cups flour
3 teaspoons baking powder
1 teaspoon orange flavoring
1 egg white (stiffly beaten)

Cream shortening well and gradually work in sugar. Add the other ingredients, except egg white, in order given. Beat well to get a light fluffy mixture, fold in egg white and bake in a moderately hot oven, in muffin tins or paper cases.
Time in oven, 20 minutes. Temperature, 375°. Servings, 18.

SNOWBALLS

⅔ cup fine granulated sugar
½ cup flour
½ teaspoon cream of tartar
6 egg whites
½ teaspoon vanilla

Sift flour and sugar separately three times before measuring. Sift cream of tartar in flour. Beat egg whites with a pinch of salt, add sugar gradually, and the flour and flavoring. Bake in a thin sheet, in a moderate oven. Cut in one-and-a-half inch squares. Dip squares in icing and roll in cocoanut.
Time in oven, 35 minutes. Temperature, 300°. Servings, 24.

COOKIES

ALMOND COOKIES

½ cup butter
¼ cup almond paste
1 cup sugar
1 egg
1 egg yolk
½ cup milk
3 teaspoons baking powder
3 cups flour
1 teaspoon salt

Cream butter. Rub almond paste with the sugar until crumbly, then add to the butter. Add beaten egg, milk, sifted dry ingredients and beat well. Add enough more flour to form soft dough. Roll one-fourth inch thick, cut with a doughnut-cutter and bake in moderately hot oven. Time in oven, 10 minutes. Temperature, 375°. Servings, 30.

BUTTERSCOTCH SQUARES

¼ cup butter
1 cup brown sugar
1 egg
¾ cup flour
1 teaspoon baking powder
½ teaspoon vanilla
¼ cup pecan meats

Cook butter and sugar together until smooth and well blended. Cool to lukewarm. Add egg unbeaten, and beat well. Add flour sifted with baking powder, then vanilla and nuts. Spread in pan lined with paraffin paper. Bake in a moderate oven. Turn out of pan and cut in squares. Time in oven, 30 minutes. Temperature, 300°. Servings, 16.

CALIFORNIA SQUARES

¾ cup molasses
½ cup sugar
½ cup shortening
½ cup sour milk
1 teaspoon soda (dissolved in the milk)
½ cup English currants or seedless raisins
2 cups flour
½ teaspoon cloves
1 teaspoon salt

Mix in order given and drop by teaspoonfuls on greased baking sheet. Or spread in a very thin sheet and bake in a hot oven, cutting in squares before it cools.

Time in cooking, 8 minutes. Temperature, 400°. Servings, 12.

CAPE ELIZABETH COOKIES

½ cup butter or margarine
1 cup brown sugar
1 egg
1½ cups flour
¼ teaspoon soda
1 teaspoon baking powder
¼ teaspoon cinnamon
¼ teaspoon allspice
½ teaspoon salt
1 cup rolled oats
5 tablespoons milk
½ cup pineapple, cut in shreds
½ cup seedless raisins
¼ cup candied orange peel, chopped
½ cup walnut meats, cut in pieces

Cream shortening, add sugar, and cream together. Add egg well beaten. Mix and sift flour, soda, baking-powder, spices, and salt, then add rolled oats, and add to first mixture alternately with milk. Mix fruit and nuts with a little extra flour and add to dough. The pineapple should be well drained. Drop by spoonfuls on greased baking sheet. Bake in a moderately hot oven.
Time in oven, 8 minutes. Temperature, 375°. Servings, 42.

CHOCOLATE COCOANUT COOKIES

2 tablespoons butter
1 cup sugar
½ cup cocoanut
½ cup milk
1½ cups flour
8 teaspoons cocoa (or 2 ounces grated chocolate)
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon vanilla

Cream shortening, add sugar gradually, cocoanut, milk, and flour mixed and sifted with other dry ingredients. Add vanilla last. Drop by teaspoonfuls on greased tins and bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

CHOCOLATE PECAN WAFERS

2 eggs
¾ cup sugar
¼ cup cocoa
6 tablespoons flour
½ teaspoon salt
Pecan meats

Beat eggs well, then beat in sugar and cocoa mixed. Fold in flour and salt sifted, a tablespoonful at a time. Drop by teaspoonfuls on a greased tin, place a half pecan on each and bake in moderate oven. Remove from tin immediately after taking from oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 60.

CHOCOLATE SPONGE DROPS

3 eggs
½ cup confectioner's sugar
⅓ cup flour
2 tablespoons cocoa
⅛ teaspoon salt
½ teaspoon vanilla

Beat whites of eggs until stiff, then beat in sugar gradually. Beat egg yolks until thick and add to first mixture. Sift together flour, cocoa, and salt, and fold into first mixture. Add vanilla. Drop by teaspoonfuls on a greased baking sheet. Decorate with nut meats or a bit of candied fruit.
Time in oven, 20 minutes. Temperature, 325°. Servings, 24.

CLIFFORD TEA COOKIES

1 cup butter
2 cups brown sugar
2 eggs
3½ cups flour
1 teaspoon soda
½ teaspoon salt
1 cup chopped nuts

Cream the butter and sugar thoroughly. Add the eggs and continue to beat. Sift flour, soda, and salt three times and add with the nuts to the first mixture. Pack in a mold and leave in a refrigerator over night, then turn out on a board and slice as thin as possible and bake in hot oven.
Time in oven, 15 minutes. Temperature, 400°. Servings, 60.

COCOANUT BUTTER DROPS

½ cup butter or margarine
1 cup sugar
2 eggs
1 cup milk
2 cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 cup shredded cocoanut
1 teaspoon vanilla

Cream butter, add sugar, and cream well together. Add eggs slightly beaten and milk. Add flour sifted with salt and

baking powder. Mix well, add cocoanut and vanilla. Drop from a teaspoon on greased tins. Bake in moderately hot oven.
Time in oven, 15 minutes. Temperature, 375°. Servings, 36.

COCOANUT CRISPETTES

3 egg whites
½ cup shredded cocoanut
1 cup sugar
2 cups corn flakes
1 teaspoon vanilla

Beat egg whites stiff and add other ingredients. Drop by teaspoonfuls on a greased baking sheet. Bake in a moderately hot oven.
Time in oven, 15 minutes. Temperature, 375°. Servings, 24.

COCOANUT DATE COOKIES

1 egg
⅓ cup cooking oil
¾ cup sugar
⅓ cup dates, cut in pieces
⅓ cup cocoanut
2 teaspoons lemon extract
⅜ cup milk
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
⅓ cup nuts, if desired

Beat egg very light and add shortening, sugar, dates, cocoanut, and flavoring. Mix well. Add milk and flour which has been sifted with baking-powder and salt. Drop from teaspoon on greased tin. Bake in a moderately hot oven.
Time in oven, 12 minutes. Temperature, 375°. Servings, 36.

COCOANUT MERINGUES

2 egg whites
⅜ cup sugar
½ teaspoon salt
⅜ cup dates, cut in small pieces
¼ cup walnuts, chopped
¼ cup cocoanut
1 teaspoon orange extract

Beat egg whites stiff and beat sugar into them. Fold in other ingredients. Drop from teaspoon on greased tin. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 300°. Servings, 36.

COLONIAL COOKIES

¾ cup shortening
½ cup granulated sugar
½ cup brown sugar
1 egg yolk
½ cup sour cream
¾ cup rolled oats
½ cup boiling water
4 cups flour
1 teaspoon baking soda
1 teaspoon salt
½ cup each raisins and walnuts
1 teaspoon vanilla

Cream shortening and sugar, add egg yolk, and cream. Scald rolled oats with boiling water and add to first mixture with flour sifted and mixed with baking powder, salt, fruit and nuts. Add vanilla. Chill and roll out. Have the dough as soft as can be handled. Using less flour if necessary. Bake in a moderate oven. Keep in a crock. These cookies improve with age.
Time in oven, 10–12 minutes. Temperature, 350°. Servings, 48.

CRACKER COOKIES

1 cup cracker crumbs (very fine)
1 cup sugar
3 egg whites
½ cup nut meats or cocoanut or fruit

Have crackers rolled very fine. Add sugar and egg whites, beaten stiff. Add nut meats, cocoanut, or fruit. Bake in a moderate oven, as drop cookies.
Time in oven, 15 minutes. Temperature, 350°. Servings, 18.

CRUMB COOKIES

½ cup shortening
1 cup sugar
2 eggs
½ cup cold coffee
½ cup molasses
2½ cups crumbs
2½ cups flour
1 teaspoon soda
1 teaspoon salt
½ teaspoon nutmeg
1 teaspoon lemon extract

Dry cake, cooky, or doughnut crumbs, and put through the food-chopper before measuring. Cream shortening and sugar, add well beaten eggs, coffee, molasses and crumbs. Sift flour, soda, salt, and nutmeg and add to mixture. Add

lemon extract. Mix thoroughly. Drop by teaspoonfuls on a greased baking-sheet. Bake in a moderate oven.
Time in oven, 20 minutes. Temperature, 350°. Servings, 60.

CURRANT DROPS

⅓ cup butter or other shortening
½ cup sugar
1 egg
1 lemon (grated rind)
2 tablespoons milk
1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup currants

Cream shortening, add sugar gradually, beating all the time, then the beaten egg and lemon rind. Add milk and flour mixed and sifted with baking powder and salt. Save out a little of the flour to mix with the currants, which have been washed, and add them last. Drop on greased tin and sprinkle with sugar. Bake in a hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 36.

CURRANT STICKS

2 cups flour
¾ cup sugar
¼ teaspoon salt
¾ cup butter or margarine
2 eggs
1 cup currants
1 teaspoon cinnamon
½ teaspoon lemon extract
½ teaspoon vanilla

Mix together flour, sugar, and salt, and work in shortening. Add eggs well beaten, currants and flavorings. Roll out a third of an inch thick and cut in pieces four inches long and half an inch wide. Bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 60.

DATE BARS

½ pound dates
¼ cup sugar
¼ cup cold water
½ cup brown sugar
½ cup shortening
½ teaspoon soda
¼ cup water
1¼ cups rolled oats
½ teaspoon salt
1¼ cups flour

Wash and stone dates, cut in pieces. Add granulated sugar and cold water and cook until soft and thick. This makes

the date filling. Cream brown sugar and shortening, add soda dissolved in water, and the remaining ingredients. Knead well and roll thin. With hand and knife shape into a square or oblong. Spread half the sheet with date mixture, cover with the other half. Cut in oblongs about two inches long and one wide, or larger if desired. Place in well-greased pan, an inch apart, and bake in a moderate oven.
Time in oven, 25 minutes. Temperature, 350°. Servings, 18.

HONEY DROP COOKIES

¾ cup honey
¼ cup shortening
½ teaspoon cinnamon
⅛ teaspoon cloves
2 tablespoons water
1 egg
1½ to 2 cups flour
1 teaspoon baking powder
¼ teaspoon soda
1 cup raisins, cut fine

Warm the honey and shortening until melted. While the mixture is warm add the spices. When cold add the water, the beaten egg, and one-and-one-half cups of flour sifted with the baking-powder and soda. Finally stir in the raisins. Sufficient flour must be added to make a dough stiff enough to drop from a spoon. Bake in moderately hot oven.
Time in oven. 15 minutes. Temperature, 375°. Servings, 24.

GINGER DROP COOKIES

½ cup brown sugar
1 tablespoon melted butter
½ cup molasses
1 egg
½ cup sour cream
1 cup raisins
2½ cups flour
½ teaspoon salt
1 teaspoon soda
½ teaspoon cream of tartar
½ teaspoon clove
1 teaspoon ginger
1 teaspoon cinnamon

Mix sugar and melted butter, add molasses, beaten egg, sour cream, raisins and the flour mixed and sifted with dry ingredients. Drop from teaspoon on buttered tins. Bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

GINGER SNAPS

1 cup molasses
½ cup sugar
½ cup shortening
1 teaspoon soda
1½ teaspoons ginger
1 egg (beaten)
Flour

Beat all ingredients together, using enough flour to make a soft dough. Roll thin, cut, and bake in a moderate oven. Time in oven, 12 minutes. Temperature, 350°. Servings, 40.

HERMITS

6 tablespoons shortening
1 cup brown sugar
1 egg
1½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon cinnamon
½ cup milk
1 cup chopped seeded raisins
2 tablespoons chopped citron
1 cup chopped walnuts

Cream shortening, sugar, and egg. Mix and sift dry ingredients and add alternately with milk to first mixture. Add fruit dredged in flour, then nuts. Drop from spoon on greased tins and bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

COCOA HERMITS

½ cup shortening
⅔ cup sugar
2 eggs
½ cup raisins
2 tablespoons hot water
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
¼ cup cocoa
4 tablespoons hot water

Cream shortening, add sugar, eggs well beaten, raisins and two tablespoons hot water. Mix and sift flour, baking powder, salt, and cinnamon, and add to first mixture. Dissolve cocoa in four tablespoons hot water and add last. Mix well and drop from teaspoon on a greased baking sheet. Place a raisin on top of each. Bake in moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 30.

MOLASSES HERMITS

½ cup brown sugar
½ cup shortening
1 tablespoon vinegar
½ cup molasses
½ cup coffee
2⅓ cups bread flour
1 teaspoon salt
1 teaspoon ginger
⅛ teaspoon cloves
⅓ teaspoon cinnamon
1 teaspoon soda
1 cup chopped raisins

Cream sugar and shortening together and add liquid. Mix and sift dry ingredients. Combine mixtures and add raisins. Drop by small spoonfuls an inch apart on a greased sheet. Bake in a moderately hot oven.
Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

FRUITED MACAROONS

½ cup butter or margarine
¾ cup sugar
2 tablespoons milk
1¾ cups flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup chopped nut meats
½ cup candied cherries
1 cup fresh or canned grated cocoanut
1 teaspoon almond extract
2 egg whites

Cream shortening and add sugar gradually. Add milk. Mix and sift flour, baking powder and salt and add to first mixture. Add nut meats, cherries cut in pieces, cocoanut thoroughly drained, and flavoring. Fold in stiffly beaten egg whites. Drop by teaspoonfuls on greased baking sheets and bake until delicately browned in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 40.

SCOTCH MACAROONS

2 eggs
1 cup sugar
2 teaspoons baking powder
2½ cups rolled oats
1 tablespoon butter or margarine
2 teaspoons vanilla

Beat eggs, add sugar, and continue beating until light and fluffy. Sift baking powder over oats, add to first mixture, and beat well. Add melted butter and vanilla. Drop by teaspoonfuls on greased tin, making the drops two inches

apart. Bake in a moderately hot oven, and remove very quickly from the pan.
Time in oven, 15 minutes. Temperature, 375°. Servings, 24.

MARGUERITES

1 egg white
¼ cup sugar
½ teaspoon vanilla
2 tablespoons nut meats
12 crackers

Beat egg white stiff, fold in sugar and add flavoring and nut meats. Spread on crackers and bake in a slow oven until slightly browned and crisp.
Time in oven, 20 minutes. Temperature, 300°. Servings, 6.

MINERVA COOKIES

½ cup butter or margarine
¼ cup sugar
1 egg
3 to 3½ cups pastry flour
1½ teaspoons baking powder
½ teaspoon vanilla

Cream shortening. Add sugar, egg well beaten, and three cups flour mixed and sifted with baking powder. Add vanilla. Add more flour if necessary, to make a stiff dough. Chill, roll very thin, and bake in a moderate oven until brown.
Time in oven, 8 minutes. Temperature, 325°. Servings, 36.

MOCK MAPLE COOKIES

½ cup butter
1½ cups brown sugar
1 egg
1 teaspoon soda
½ cup hot water
3 cups flour
2 teaspoons cream of tartar
½ teaspoon salt
½ cup chopped walnuts
2 teaspoons vanilla

Cream butter thoroughly, add sugar, egg slightly beaten, soda dissolved in water, and the flour which has been mixed and sifted with cream of tartar and salt. Add walnuts and vanilla. Drop on well-greased sheets two inches apart. Bake in a moderately hot oven.
Time in oven, 15 minutes. Temperature, 375°. Servings, 36.

SOFT MOLASSES COOKIES NO. 1.

½ cup shortening
¼ cup brown sugar
½ cup molasses
½ teaspoon salt
1½ teaspoons soda
¼ cup sour milk
Flour

Mix ingredients, dissolving soda in sour milk. Add flour to make a soft dough. Roll quite thick, cut and bake.
Time in oven, 20 minutes. Temperature, 350°. Servings, 24.

SOFT MOLASSES COOKIES NO. 2.

1 cup molasses
1 cup shortening
½ cup granulated sugar
½ cup mashed potato
½ cup sour milk
4 cups flour
1 teaspoon soda
½ teaspoon salt
1½ teaspoons cinnamon
1½ teaspoons ginger

Heat molasses and add shortening. Cool slightly and add sugar, mashed potato, and sour milk. Mix and sift two cups of the flour with other dry ingredients. Add enough more of the flour to make a dough as soft as can be handled. Chill. Roll to a quarter of an inch in thickness. Cut, and bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

NUT COOKIES

Part 1

½ cup shortening
1 cup sugar
2 eggs
1½ cups flour
½ teaspoon salt
1 teaspoon baking powder
½ teaspoon vanilla
1 cup nuts

Part 2

1 egg white
1 cup brown sugar
½ teaspoon vanilla

Cream shortening and add sugar, beaten eggs, sifted dry ingredients, and flavoring. Spread mixture on cooky sheet and sprinkle with finely chopped nuts. Several kinds of nuts are

nice, but one kind will do. Beat egg white and fold in brown sugar and vanilla. Spread meringue over nuts. Bake in a moderate oven. Cut in squares when cooked.
Time in oven, 30 minutes. Temperature, 350°. Servings, 48.

OATMEAL COOKIES

1 cup brown sugar or white sugar
1 cup shortening
2 eggs
½ cup sweet milk
¾ teaspoon soda
2 cups flour
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking powder
2 cups rolled oats
1 teaspoon vanilla

Cream sugar and shortening together and add alternately beaten eggs and milk, and dry ingredients sifted together. Add vanilla and drop by teaspoonfuls on greased tins. Bake in a moderately hot oven.
Time in oven, 10 minutes. Temperature, 375°. Servings, 48.

OATMEAL COOKIES, DATE FILLED

1 cup shortening
1 cup brown sugar
½ cup sour milk
4 cups oatmeal
½ teaspoon salt
1 teaspoon soda
2 cups flour
½ teaspoon nutmeg

Cream shortening and sugar, add sour milk and oatmeal. Sift salt, soda, flour, and nutmeg. Add and mix well. Roll out on a floured board. Cut in rounds, put a teaspoon of filling on top, place another round over filling and press edges together. Bake in a moderate oven. Filling is on page 199.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

OATMEAL DATE CAKES

2½ cups flour
1 teaspoon soda
1½ teaspoons salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon clove
2 cups rolled oats
1 cup walnuts
1 cup chopped dates
⅔ cup shortening
1 cup sugar
2 eggs
½ cup sour milk

Mix and sift flour, soda, salt, and spices, add rolled oats, chopped nuts, and dates. Cream shortening, add sugar, eggs, and milk, then combine mixtures well. Drop by teaspoon on greased sheet and bake in a hot oven.
Time in oven, 30 minutes. Temperature, 400°. Servings, 72.

OLD-FASHIONED WINE DROPS

¾ cup lard or other shortening
½ cup brown sugar
1 egg
½ cup molasses
½ cup milk
2½ cups flour
1 teaspoon soda
1 teaspoon salt
½ teaspoon clove
1 teaspoon cinnamon
1 teaspoon nutmeg
⅞ cup currants

Cream shortening and sugar together, add egg, molasses, milk, and flour mixed and sifted with other dry ingredients. Mix well and add currants floured. Drop on greased tins about two inches apart. Bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 48.

ORANGE COOKIES

1 cup lard
2 cups sugar
2 eggs
1 orange
3½ cups flour
½ teaspoon baking powder
1 teaspoon salt

Cream shortening, add sugar gradually, and the eggs well beaten. Add juice and grated rind of orange, and flour which has been mixed and sifted with baking powder and salt. Roll thin, cut, and bake in a hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 120.

PEANUT BROWNIES

½ cup peanut butter
2 tablespoons butter
1 cup sugar
1 egg
¼ cup milk
1 square chocolate
2 teaspoons baking powder
¼ teaspoon soda
1 cup flour

Cream peanut butter and butter together. Add sugar, egg well beaten, milk, and chocolate melted. Then add mixed and sifted dry ingredients. Drop by spoonfuls on greased baking sheets. Bake in a moderately hot oven.
Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

PEANUT BUTTER WAFERS

½ cup peanut butter
½ cup shortening
1 cup brown sugar
2 eggs
1 teaspoon vanilla
2 cups flour
1 teaspoon salt
2 teaspoons baking powder

Cream peanut butter, shortening, and brown sugar, add beaten eggs, flavoring, and sifted dry ingredients. Roll out very thin and cut with a small cutter. Bake in a hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 84.

PEANUT COOKIES

1 tablespoon butter or other shortening
2 tablespoons sugar
1 egg
2 tablespoons milk
½ cup flour
½ teaspoon baking powder
½ teaspoon salt
½ cup chopped peanuts

Cream shortening, add sugar, well beaten egg, milk, and flour which has been mixed and sifted with baking powder and salt. Add chopped peanuts last. Drop from a teaspoon on greased tins. Bake in a moderately hot oven.
Time in oven, 12 minutes. Temperature, 375°. Servings, 36.

FILLED PINEAPPLE COOKIES

½ cup shortening
½ cup sugar
2 eggs
2 tablespoons milk
1 teaspoon vanilla
2 cups flour
1½ teaspoons baking powder
1 teaspoon cinnamon
1 tablespoon sugar

Cream shortening, and add sugar, and eggs well beaten. Add milk, vanilla, and flour which has been mixed and sifted with baking powder. Just enough flour should be used to

make a dough as soft as can be rolled out. Chill, roll thin and cut with a cooky cutter. Put a spoonful of filling on half the rounds, cover with others, and press down edges. Sprinkle with sugar and cinnamon. Bake in a moderately hot oven. Pineapple Filling (see page 201).
Time in oven, 10 minutes. Temperature, 370°. Servings, 20.

SCOTCH COOKIES

⅔ cup sugar
2 cups flour
1 teaspoon salt
1 cup butter or margarine
½ teaspoon almond extract

Mix dry ingredients and sift three times. Work in shortening with fingers. Add flavoring. Make into a roll three inches in diameter. Let stand in a cold place until firm enough to slice. With a sharp knife cut in thin slices. Bake in a slow oven until delicately browned.
Time in oven, 8 minutes. Temperature, 300°. Servings, 36.

SEED CAKES

½ cup shortening
1 cup sugar
¾ cup sour cream
¼ cup water
½ teaspoon rose extract
2 tablespoons caraway seed
3 cups flour
¼ teaspoon soda
3 teaspoons baking powder
½ teaspoon salt

Cream shortening and sugar. Add sour cream, water, extract and caraway seed. Add sifted dry ingredients and mix well. More flour may be necessary to roll. Roll out, cut in squares, and bake in a moderately hot oven.
Time in oven, 10 minutes. Temperature, 375°. Servings, 36.

SOUR CREAM COOKIES

1 egg
1 cup sugar
¾ cup sour cream
2 cups flour
⅜ teaspoon soda
1½ teaspoons baking powder
¼ teaspoon salt

Beat egg well, add sugar and cream, then dry ingredients sifted together. Drop by teaspoonfuls an inch apart on a greased cooky sheet. Bake in a moderate oven.
Time in oven, 15 minutes. Temperature, 350°. Servings, 36.

SUGAR COOKIES

½ cup butter
1 cup sugar
2 eggs
2 cups flour
½ teaspoon salt
3 teaspoons baking powder
½ teaspoon vanilla

Beat butter till creamy, add sugar, beaten eggs, then sifted dry ingredients and vanilla. Roll very thin and cut in rounds or fancy shapes. Place a whole date, blanched almonds or raisins on the cookies and bake in a moderately hot oven.
Time in oven, 15 minutes. Temperature, 375°. Servings, 30.

SURPRISE COOKIES

¼ cup butter
¾ cup sugar
1 egg
¼ cup sour cream
¼ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
2 cups flour

Cream butter, add sugar, egg well beaten and the sour cream. Mix and sift dry ingredients and add to first mixture. Roll to a quarter of an inch in thickness and cut in small rounds. On half the rounds put a bit of jelly or raisin filling or half a stewed prune. Cover with remaining rounds and press edges together and bake in a moderately hot oven.
Time in oven, 12 minutes. Temperature, 375°. Servings, 18.

TIPPERARY COOKIES

½ cup shortening
1 cup sugar
1 egg
1 cup milk
3 cups flour
3 teaspoons baking powder
½ teaspoon salt
1 teaspoon lemon extract

FILLING

1 cup sugar
2 tablespoons flour
1 cup chopped figs
1 cup boiling water
2 tablespoons lemon juice
1 cup chopped walnuts

Make filling first; mix sugar, flour, and figs, add boiling water. Cook until thick, when cold add lemon juice and nuts. Make cooky dough by combining shortening, sugar, egg beaten, and milk. Add dry ingredients sifted together and flavoring. Add more flour if necessary to make a soft dough for rolling. Roll very thin, cut in desired shapes, wet edges with cold water, put a teaspoonful of filling on half the pieces and cover with the others. Bake in a moderate oven.
Time in oven, 10–12 minutes. Temperature, 325°. Servings, 24.

WALNUT PATTIES

¼ cup butter
1 cup brown sugar
1 egg
¼ teaspoon salt
⅔ cup flour
1 cup chopped nuts
1 teaspoon vanilla

Cream butter and add sugar, beat in egg, and salt, then fold in flour and nuts. Add flavoring and beat hard. Drop by teaspoonfuls on a buttered sheet. Bake in a moderate oven. Time in oven, 30 minutes. Temperature, 300°. Servings, 36.

WELSH CAKES

4 cups flour
1 cup sugar
4 teaspoons baking powder
1 teaspoon salt
1 cup shortening
1 cup currants
2 eggs
1 cup evaporated milk

Sift dry ingredients, work in shortening, add currants, beaten eggs, and milk. Mix like biscuits, pat to one-half-inch thickness and cut in squares. Bake in hot oven.
Time in oven, 12 minutes. Temperature, 425°. Servings, 48.

YUM-YUM STICKS

1 cup sugar
¼ cup melted shortening
1 egg
2 ounces unsweetened chocolate
½ cup flour
¼ teaspoon salt
¼ teaspoon vanilla
¼ cup chopped walnuts
¼ cup seeded raisins

Mix sugar and shortening, add egg slightly beaten, then chocolate which has been melted and cooled, flour sifted with salt, vanilla, chopped nuts, and raisins cut in halves. Spread evenly on well-greased baking sheet. Bake in a moderate oven, and cut in strips about three inches long and an inch wide.
Time in oven, 20 minutes. Temperature, 325°. Servings, 18.

GINGERBREAD

ADA'S FAMOUS GINGERBREAD

2 tablespoons molasses
2 tablespoons melted butter
1 cup sugar
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon clove
¼ teaspoon ginger
1 egg
1 cup sour milk
1 teaspoon soda
2 cups flour

Add molasses and butter to sugar. Add salt and spices and stir together. Add egg well beaten, milk, soda and flour sifted together. Pour into greased tin. Bake in a moderate oven.
Time in oven, 40 minutes. Temperature, 350°. Servings, 15.

CHOCOLATE GINGERBREAD

½ cup sour milk
1 cup molasses
1 teaspoon ginger
½ teaspoon mace
½ teaspoon cinnamon
½ teaspoon salt
1½ teaspoons soda
2 cups flour
4 tablespoons grated chocolate
½ cup seeded raisins

Mix liquids. Combine all other ingredients. Then add liquid. Pour mixture in greased and floured cake tin and bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 10.

HOT WATER GINGERBREAD

½ cup sugar
¼ cup shortening
½ cup boiling water
1 cup molasses
1 egg
1½ cups flour
½ teaspoon ginger
½ teaspoon cinnamon
½ teaspoon salt
½ teaspoon soda

Cream sugar and shortening. Add boiling water, molasses, egg, and sifted dry ingredients. Mixture is very thin. Put into a greased pan and bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

LANCASTER GINGERBREAD

½ cup sugar
3 cups flour
2 teaspoons soda
½ teaspoon ginger
½ teaspoon clove
½ teaspoon salt
½ cup shortening
1 cup molasses
1 cup sour milk
2 eggs

Mix and sift dry ingredients. Melt shortening, add molasses, sour milk, and eggs. Beat all together until light and smooth. Bake in angel-cake pan in a moderate oven.
Time in oven, 25 minutes. Temperature, 350°. Servings, 12.

PRUNE GINGERBREAD

2 cups flour
2 teaspoons soda
½ teaspoon salt
2 teaspoons ginger
1 teaspoon cinnamon
1 cup molasses
1 cup sour milk
1 cup chopped prunes
4 tablespoons melted drippings

Mix and sift dry ingredients, add molasses, sour milk, prunes and drippings, beat well; pour into shallow pan. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

CEREALS

Points to Remember about Cereals

Cereal products, taken as a whole, furnish greater nutritive value for a given expenditure than any other class of food.

The most widely distributed breakfast cereals in our country are wheat, oats, and corn. We are familiar with them as whole grains, in cracked form, made into flakes, or ground into grits or meal. Barley, rye, and rice also appear on the breakfast table. Many of the prepared cereals are combinations of different grains.

Rice is extensively used in combination with meat, cheese, or vegetables as a main dish for luncheon or dinner, and also has a place in the making of desserts.

Macaroni and spaghetti are flour products belonging in the cereal class. They are used chiefly like rice in the preparation of luncheon dishes.

Whole grains and those containing the bran coating are particularly valuable in the dietary because they furnish minerals and vitamines that are not found in the highly refined products.

Cereals should be very thoroughly cooked in order to break open the starch cells. All starchy foods are difficult of digestion unless the cell walls are broken down in preparation. It is especially important to consider this point in preparing cereals for babies.

The fireless cooker is an ideal device in which to prepare cereals. A double boiler gives equally good results and if used over a simmering burner is not extravagant of fuel. Cereals may be cooked more quickly by boiling, but the danger of burning makes constant watching necessary.

Before the cereal mixture is put into the fireless cooker or double boiler, it should be brought to the boiling point and cooked with constant stirring until slightly thickened.

To prevent lumping, the dry cereal should be sprinkled slowly into rapidly boiling water or mixed with a little cold water before the boiling water is added.

Left-over cereal may be molded in small cups and served as dessert with fruit, whipped cream, or a sweet sauce. Or it may be molded in a loaf, sliced, sautéd in fat, and served with sugar or syrup.

A GOOD BREAKFAST CEREAL

1 cup bran
1 cup rolled oats
1 teaspoon salt
1 quart water
¼ cup farina

Add the bran and oats to the salted boiling water, and cook in a double boiler four hours. Then add the farina and continue the cooking for one hour more. Servings, 10.

CORN MEAL MUSH

1 cup corn meal
1 teaspoon salt
1 cup cold water
3 cups boiling water

Mix together corn meal, salt, and cold water, add boiling water and stir until smooth and boiling. Cook in a double boiler three hours or more. Serve with whole milk, or butter and syrup, for breakfast, luncheon or supper. Servings, 6.

HOMINY

1 cup hominy grits
4 cups water
Salt to taste

Add the hominy grits to the four cups of salted water. Cook for twenty-five minutes directly over the blaze, stirring constantly, or for forty-five minutes in a double boiler. Longer cooking destroys the flavor. Servings, 6.

SAMP

1 cup samp
1 quart water
Salt to taste

Wash samp and soak over night in the water. Next day cook gently in the same water for five hours. A double boiler is best for the process. Do not boil, because hard cooking makes samp tough. It can be used as a cereal or as a vegetable. Cooked in a casserole mixed with cheese, or meat, or tomato, it is delicious. Servings, 6.

CONFECTIONS

Facts to Remember in Candy Making

For uniform results in candy making a thermometer is indispensable. A test made by dropping a little of the syrup in cold water serves to some extent as a guide, but even in the hands of an experienced candy maker it is necessarily more or less inaccurate.

The following table gives the cold water test for sugar syrup and the corresponding degree on the thermometer.

Fudge, Penuchi, Opera Maple Cream	236° or 238° F	Soft ball or thread
Fondant	238° F	" " " "
Caramels	246° or 248° F	Firm ball
Taffies	265° or 270° F	Hard ball
Butter Scotch	290°	Crack or brittle
Clear hard candies	300° or 310° F	Hard crack

The candy kettle should have a perfectly smooth inner surface and be preferably of heavy material so that the syrup will not stick and scorch.

To prevent the graining of candies like fudge, penuchi and fondant, which ought to be creamy in texture, the syrup should be cooled until lukewarm before it is beaten.

A clear cool day is best for candy making.

GRILLED ALMONDS, CALIFORNIA STYLE

1 cup almonds
1 cup sugar
2 tablespoons orange juice
2 tablespoons lemon juice

Blanch almonds and dry them thoroughly. Boil sugar and fruit juices until the syrup forms a long thread when dropped from a spoon. Add almonds and let cook to hard crack stage. Remove instantly and stir until it sugars. Cool and separate the almonds to which the sugar will cling irregularly.

APPLE ALLIES

2 cups sugar
1 cup water

Bring sugar and water to a boil. Drop in pieces of pared, cored, and sliced apple. Allow to cook until transparent and tender enough to pierce with a straw. Take from the syrup and drain. Dry for a day on waxed paper or a platter and roll in granulated sugar.

BABY CREAM CANDY

½ cup water
2½ cups sugar
¼ teaspoon cream of tartar
½ cup cream
1 teaspoon vanilla
1 cup nuts

Put water with sugar and cream of tartar and boil to hard ball stage, add cream slowly so candy will not stop boiling. Pour out on buttered marble or platter, put vanilla and nuts on top, let cool and pull. Pull until white and firm. Cut in pieces. Standing for a week in an air tight receptacle makes it ideally creamy.

PUFFED RICE CARAMELS

1 cup sugar
1 cup corn syrup
½ cup cream or evaporated milk
⅓ cup water
¼ teaspoon salt
1 teaspoon vanilla
2 cups puffed rice

Boil all ingredients, except rice, together without stirring until a firm ball forms in cold water. Remove from fire, flavor, and stir in lightly and quickly crisp puffed rice. Turn at once into a greased pan and spread to three-fourths inch in thickness. Cut in squares when cool.

ROLLED CARAMELS

½ cup sugar
3 tablespoons corn syrup
½ cup heavy cream
3 tablespoons evaporated milk
⅛ teaspoon salt
1 teaspoon vanilla

Combine ingredients and cook until the mixture forms a firm ball when tried in cold water; remove from stove, add one teaspoon vanilla and pour into a large buttered pan. Have

the caramel very thin. When cold, remove from pan to a pastry board, cover with a thin layer of peanut butter and roll up like a jelly roll, pressing the outer edge down firmly when finishing. With a sharp knife cut off little slices and wrap in a waxed paper.

CARROT FONDANT

1 carrot
Powdered sugar
Flavoring

Cook one large carrot until very soft. Mash and cream. Stir in sugar until of consistency to be easily handled. Form into small, even, attractive shapes after flavoring with lemon or orange. Nuts, raisins, or cocoanut may be added for variety.

CHINATOWN ALMOND SQUARES

½ pound almonds
2 cups sugar
1 cup water
½ teaspoon vinegar
4 drops almond extract
½ lemon

Blanch almonds and brown slightly in a buttered shallow pan in oven. Boil sugar and water eight minutes, then add vinegar and boil until brittle when dropped in water. Add extract and pour over almonds. Use the one-half lemon to press down candy evenly in pan. Cut before it hardens.

DIPPED CHOCOLATE FRUIT

2 dozen dates
Preserved ginger
Dipping chocolate

Stuff dates with pieces of preserved ginger, dip into melted chocolate, drain on waxed paper and let dry until firm. Temperature of chocolate for dipping should not be over 80 degrees F.

UNCOOKED CHOCOLATE ORANGE CREAM WAFERS

¼ pound bitter chocolate
1¼ cups confectioners' sugar
¾ cup finely cut crystallized orange peel
¼ pound sweet chocolate

Melt the bitter chocolate in a double boiler and spread with a knife on heavy waxed paper on which has been drawn an oblong, six inches by twelve inches. To the confectioners' sugar add one teaspoon grated orange peel, and two tablespoons juice (enough to moisten the sugar so that it will spread without running). Add the crystallized orange peel and when the oblong of chocolate is hard spread on it the orange mixture as evenly as possible. Melt the sweet chocolate and spread on another sheet of waxed paper, making an oblong the same size as the first. Turn the first sheet face down on this melted chocolate and press with the hand over the wrong side of the paper. When the chocolate is hard pull off the papers and cut the candy in squares to serve as a confection. This is really a very simple process, and the wafers are delicious, something one cannot buy at a candy shop.

COCOANUT DREAMS

1½ cups sugar
½ cup milk
2 teaspoons butter
⅓ cup shredded cocoanut
⅓ cup chopped nuts

Cook sugar and milk until a soft ball forms. Add butter and cocoanut and stir until creamy. Add nuts and drop from a teaspoon on a waxed paper.

DE LEON CREAMS

2 cups sugar
1 cup water
¼ teaspoon cream of tartar
½ cup candied orange peel

Put sugar, water, and cream of tartar in a kettle on the stove. Stir gently until sugar is dissolved. Cook to soft ball stage. Turn out on buttered platter (do not scrape kettle). Leave to cool until it will show the imprint of finger, then beat until creamy. Work in the finely chopped orange peel, let stand until quite cool. Form into rolls about one inch thick. Roll in more chopped peel and slice. Set in a cool place before serving.

FIG CANDY

2 tablespoons gelatine
½ cup cold water
1 lemon
1 orange
1 cup sugar
½ cup water
1 cup nuts
1 cup figs, raisins or dates

Soak gelatine in one-half cup cold water, and add juice of lemon, and juice and grated rind of orange. Heat sugar in one-half cup water and when boiling add gelatine and fruit juices. Boil ten minutes, add nuts and fruit and boil ten minutes more. Stir constantly. Pour into buttered pan. Let stand overnight. Cut in squares.

FRUIT ROLLS

1 cup raisins
1 cup walnuts
¼ cup crystallized ginger
Powdered sugar
Shredded cocoanut

Chop raisins, walnuts, and ginger. Knead on a board dredged with powdered sugar and form into long thin rolls. Coat with cocoanut and set in a cold place until firm.

MAPLE CREAMS

2½ cups maple syrup
¼ cup marshmallow cream

Boil syrup until it forms a firm ball when tried in cold water. Remove from fire and allow it to cool, add marshmallow and beat until creamy and almost stiff. Drop by teaspoons on waxed paper. If the mixture hardens before all the bonbons are out melt over the fire, stirring all the time, until soft enough to drop and yet hold its shape.

PEPPERMINT CANDY

2 cups granulated sugar
¾ cup boiling water
1 tablespoon butter
1 tablespoon vinegar
¼ teaspoon soda
¼ teaspoon peppermint extract

Stir together all ingredients except extract, let boil until it cracks when dropped in cold water. Add extract and beat until creamy. Pour into a buttered tin, cut into squares.

POPCORN BALLS

Boil two cups molasses or maple syrup until it cracks when tried in cold water, pour over two quarts popped corn. Shape into balls quickly.

SAN FRANCISCO PRALINES

2 cups brown sugar
1 cup water
¾ cup roasted almonds
¾ cup pecan meats

Boil sugar and water slowly until a soft ball forms when tried in cold water. Add nuts and stir mixture until it begins to look cloudy. Pour into very small buttered muffin pans or molds and cool.

SIERRA TURKISH DELIGHT

2 cups apricot pulp
1½ cups powdered sugar
1 teaspoon cornstarch
3 teaspoons lemon juice
Granulated sugar

Apricot pulp is made by straining stewed apricots through a coarse strainer. Add sugar, cornstarch mixed with lemon juice and cook until stiff. Cool and pour on to a well sugared board. Allow to become firm, cut into squares and coat over with granulated sugar. Wrap in waxed paper if desired.

ENGLISH TOFFEE

½ pound white sugar
¼ pound brown sugar
¾ pound corn syrup
1¼ cups thin cream
½ teaspoon salt
3 ounces butter
Flavoring
Nuts or fruit

Mix all ingredients except butter, which is added just before removing from stove. Cook until it forms a hard ball when tried in cold water, add one-half teaspoon of lemon or any flavoring preferred, and one cup of chopped walnuts, peanuts, or fruit, or one-half cup of shredded cocoanut. Pour into a buttered pan and when cold cut into long narrow bars and wrap in waxed paper.

FUDGE

ALMOND FUDGE

½ cup cocoa
1 teaspoon potato flour
2 cups sugar
¾ cup milk
½ teaspoon vanilla
½ cup almond paste
1 tablespoon butter
¼ teaspoon salt

Mix cocoa, potato flour, and sugar thoroughly. Add milk and cook until a soft ball forms in cold water. Cool, beat until creamy. Vanilla, almond paste, butter, and salt are added just before beating. Drop from teaspoon or pour into a deep square tin. This makes an excellent filling for dates.

ALMOND MARSHMALLOW FUDGE

2 cups sugar
2 squares chocolate
½ cup rich milk
Speck salt
1 teaspoon vanilla
½ cup almond paste
1 cup marshmallow
Powdered sugar

Cook sugar, chocolate, and milk until soft ball is formed in cold water. Add salt and flavoring and cool before beating. Pour half of fudge into a deep buttered tin, spread with paste made from almond paste, marshmallow cream, and powdered sugar. Melt the remaining fudge a little to soften, and pour over the marshmallow paste. Cool on ice before cutting.

BETTER FUDGE

⅞ cup water
2 ounces chocolate
2 tablespoons butter
2 cups sugar
½ tablespoon cornstarch
¼ teaspoon salt
½ cup walnuts

Measure all ingredients accurately, put in a saucepan and boil until it reaches the soft ball test. Try often to prevent too much cooking. Cool until lukewarm, add nuts and then beat until it thickens. It will be quite sticky, but when it almost holds its shape pour quickly into buttered pans. When firm cut into squares.

BROWN SUGAR FUDGE WITH DATES

2 cups brown sugar
½ cup milk
2 squares chocolate
2 teaspoons corn syrup
2 tablespoons butter
1 cup dates

Cook all ingredients except dates until a soft ball forms when tried in cold water. Beat until creamy and add one cup dates cut in small pieces. Pour into a buttered pan and mark in squares.

CHOCOLATE FUDGE

(Inexpensive fudge which keeps soft for several days)

2 cups sugar
2 squares chocolate
⅔ cup milk
½ teaspoon vanilla
⅔ cup nut meats

Boil sugar, chocolate, and milk until a soft ball forms when tried in cold water. Remove from stove, let stand one hour, then add one teaspoon of vanilla. Beat until creamy and add two-thirds cup of broken nuts and pour into lightly buttered pan. Mark in squares.

COMMONWEALTH FUDGE

4 squares chocolate
1 pound confectioners' sugar
1 6 ounce can evaporated milk
1 tablespoon butter
1 small can marshmallow whip (5 ounces)

Grate chocolate and add to sugar. Add milk and butter. Bring to boiling point and boil gently for ten minutes, stirring almost constantly to prevent sticking. Remove from fire, add marshmallow cream a little at a time, and beat until creamy. Pour into a buttered pan and mark in squares.

GINGER FUDGE

½ tablespoon butter
1 cup milk
2 cups sugar
¼ cup crystallized ginger
½ cup shredded cocoanut

Put the butter, the milk and sugar into a saucepan and cook until a soft ball forms when a little is dropped in cold water. Remove from the fire, set in cold water and when cooled beat until creamy. Add ginger and cocoanut and pour into a buttered pan. Cut in squares.

PENOCHE

ATLANTIC CITY PENOCHE

2 tablespoons pulverized coffee
2 cups sugar
1 cup rich milk or cream
1 tablespoon butter
1 cup chopped walnuts

Stir pulverized coffee into dry sugar, add milk and boil to soft ball stage. Add butter and nuts, stir until candy thickens. Pour into a buttered dish and cut into squares.

PEANUT PENOCHE

2 cups brown sugar
⅔ cup milk
½ cup peanut butter

Mix sugar and milk in a saucepan and boil to the soft ball stage. Remove from fire, add peanut butter and beat until thick. Pour into a buttered pan and cut in squares.

CONSERVES, JAMS AND JELLIES

Conserves, jams, and jellies should be poured while boiling hot into hot sterilized jars or glasses, and as soon as cold covered with hot paraffin.

APRICOT CONSERVE

1 pound dried apricots
1 can pineapple
3½ cups sugar
1 cup blanched almonds

Soak apricots overnight in cold water to cover. Cook until tender. Add pineapple cut in cubes (crushed pineapple may be used if preferred) and juice from the pineapple. Add sugar and cook slowly until of the desired consistency. Add blanched almonds broken in two.

CRANBERRY CONSERVE

1 quart cranberries
2 cups cold water
1 grapefruit
1 cup raisins
4 cups sugar
2½ cups boiling water
1 cup chopped nut meats

Run cranberries through food-chopper, add cold water and cook until soft. Add grapefruit and raisins finely chopped, sugar, and boiling water. Cook slowly until thick. Add nuts.

CURRANT AND PINEAPPLE CONSERVE

1 quart red currants
2 cups crushed pineapple
1 orange
4 cups sugar

Wash and stem currants. Grate rind of orange and extract juice. Mix all ingredients and cook slowly until thick.

DATE CONSERVE

2 cups dates
3 cups water
1 orange
½ cup sugar
¼ cup lemon juice

Wash and stone dates, add water and cook until soft. Rub through a coarse strainer. Slice orange very thin, add with sugar and lemon juice to date pulp. Cook slowly until orange rind is tender.

GINGER–PEACH CONSERVE

1 cup cooked dried peaches
1 cup seeded raisins
¾ cup boiling water
1 orange (juice and grated rind)
¼ cup sugar
1 tablespoon preserved ginger

Chop peaches and raisins and cut ginger fine. Cook all ingredients together in double boiler until of the consistency of jam.

GRAPE CONSERVE

7 pounds grapes
7 pounds sugar
1 pound raisins
1 pound walnuts

Wash grapes and remove the pulp. Cook pulp and remove the seeds by putting through a sieve. Chop skins and nuts separately. Mix pulp and sugar. Add chopped skins and whole raisins and cook until thick. Add nuts and boil five minutes more.

MID–WINTER CONSERVE

3 cups canned red cherries
2 cups grated pineapple
2 oranges
1 lemon
3 cups sugar
¾ cup walnut meats

To the canned fruits add juice and grated rind of oranges, juice of lemon, and sugar. Cook until thick. Add nut meats just before taking from stove.

ORIENTAL CONSERVE

1 cup dried apricots
5 cups cold water
2 cups chopped dates
1 lemon (juice)
1 cup sugar
½ cup English walnuts (chopped)

Cover apricots with two cups of the cold water, soak overnight and cook until soft, adding more water if necessary. Cook dates with the three cups water until soft. Add apricots, lemon juice, and sugar, and cook slowly until thick. Add nuts.

PEACH CONSERVE

4 pounds ripe peaches
1 pound crushed pineapple
1 lemon
1 orange
½ pound raisins
1 cup of sugar to every cup of fruit
½ pound almonds

Blanch and cold-dip peaches and remove skins. Add pineapple (either fresh or canned); add lemon and orange sliced thin, and raisins. Cook until thick. Measure cooked fruit and add one cup of sugar to every cup of fruit. Add the almonds which have been blanched and shredded. Cook again until thick.

PRUNE CONSERVE

3 cups cooked prunes, stoned
1 cup seeded raisins
2 oranges (juice and pulp)
2 cups sugar
2 cups water

Chop prunes and raisins, add remaining ingredients and cook until thick.

JAMS

JELLIED CHERRY JAM

1 grapefruit
2 cups canned red cherries
2½ cups sugar
½ cup pectin

Remove pulp and juice from grapefruit, add cherries and sugar. Cook together for ten minutes. Then add pectin and boil rapidly for five minutes.

PEACH JAM

2 cups dried peaches
½ teaspoon cinnamon
2 cups brown sugar
1 cup blanched almonds

Soak peaches overnight in cold water. Put through food chopper. To the peach pulp add cinnamon and sugar, and cook until thick. Add almonds shaved in thin slices and cook three minutes more.

GINGER PEAR JAM

2½ cups canned pears
½ cup crystallized ginger
2 lemons
1½ cups sugar
½ cup pectin

Chop pears, add finely cut ginger, juice and grated rind of lemons, and sugar. Cook slowly for ten minutes. Add pectin and boil rapidly for five minutes.

PINEAPPLE JAM

3 cups chopped pineapple and juice
¾ cup orange juice
1 cup brown sugar
½ cup blanched and roasted almonds

Mix pineapple, orange juice, and sugar. Cook until the pineapple is transparent and a thick syrup is formed. Add chopped almonds and cook three minutes longer.

STRAWBERRY AND PINEAPPLE JAM

2 cups grated pineapple
2 cups canned strawberries
3 tablespoons lemon juice
3 cups sugar
½ cup pectin

Mix fruits and sugar and boil gently for ten minutes. Add pectin and boil rapidly for five minutes.

GRAPE JELLY

Equal quantities of ripe and green grapes
1 pound sugar to each pint of juice

Wash and remove stems from grapes, add one-half cup water to each pound and mash. Boil twenty minutes, strain without squeezing and boil the juice twenty minutes. Heat sugar while the juice is boiling and add it to the juice. Boil until a little dropped on a cold plate will jelly.

GRAPEFRUIT JELLY

Pulp of grapefruit
½ cup sugar
2 tablespoons gelatine
½ cup cold water
1 pint boiling water
2 tablespoons lemon juice

Remove all the membrane from the grapefruit pulp, especially the white inner skin. Let sugar stand on the pulp to bring out the juice. Soak gelatine in cold water and dissolve in boiling water. Chill and when thoroughly cold add grapefruit, lemon juice, and mold. Serve with cold meats.

OCTOBER JELLY

1 peck grapes
1 quart vinegar
4 medium sized sour apples
4 tablespoons whole cloves
¼ cup stick cinnamon
Brown sugar

Wash grapes, remove stems, and crush. Put them into an agate or aluminum kettle with all the ingredients except sugar. Simmer until the fruits are soft, then strain through a jelly bag. Measure the juice and measure an equal amount of sugar. Cook juice twenty minutes, add sugar and boil until a little dropped on a cold plate will jelly.

DESSERTS

The choice of dessert is one of the most perplexing questions for the menu-maker to decide. In its proper function it is intended to make the meal more attractive and to complete it from dietary standards. It is the character of the dessert that is most likely to be disregarded. Too often a heavy dessert is added to a meal already high in food value just because we have acquired the habit of ending a meal with a sweet. It is important that the menu-maker have at her command a large number of ideas for desserts to enable her to maintain a proper balance in meals of widely differing nature.

COLD DESSERTS

Facts to Remember When Making Cold Desserts

GELATINES

Any liquid may be used as the foundation of gelatine desserts. Milk, coffee, cocoa, tea, milk partially thickened with eggs or starch, and fruit juices and syrups of various kinds offer an almost endless variety of combinations.

Gelatine should always be softened in cold liquid and then dissolved in hot liquid or over hot water.

A gelatine dessert should be just stiff enough when cold to hold its shape. If too heavy with gelatine it is rubbery and unappetizing.

The amount of gelatine depends upon the time that can be allowed for cooling, the temperature at which the mixture stands and the acidity of the liquid. Without ice, from twelve to twenty-four hours is necessary. With ice or in cold weather, gelatine mixtures will stiffen in from one to three hours, depending upon the size of the mold. Increasing the gelatine decreases the time. A mixture containing the juice of a citrus fruit or tomato juice requires a third more gelatine than other mixtures.

Raw pineapple acts upon gelatine in such a way as to prevent it from solidifying. The difficulty may be avoided by cooking the pineapple before the gelatine is added.

A gelatine mixture which has thickened to the consistency of egg white behaves much like egg white when it is beaten — its texture and color are changed and it becomes what is called a sponge. The texture may be further modified by folding in beaten egg whites. If whipped cream is added to the sponge it is called Bavarian cream.

CUSTARDS

The most important points to remember in cooking custard desserts are that the temperature must not be too high and the mixture must not cook too long. Baked custards should be set in a pan of water in the oven. Soft custard is most successfully made in a double boiler. It should be stirred constantly.

A custard is milk thickened with egg and sweetened and flavored in various ways. It is a popular dessert made in many forms.

Custard may be baked in the oven or cooked over hot water. The latter variety is called soft or "boiled" custard.

The consistency of a custard depends upon the proportion of egg to milk. One egg will thicken a cup of milk to make a thin soft custard or a custard baked in individual cups. For a thick custard or a custard that can be baked in a large mold more egg is necessary. A little cornstarch or flour may be substituted for part of the egg.

BLANC-MANGES

Blanc-manges are made with a liquid foundation, usually all or part milk, thickened with some form of starch. Cornstarch is most commonly used. Many variations are possible by the addition of different ingredients.

A blanc-mange requires at least fifteen minutes cooking after it has thickened, to make the starch palatable and easy to digest.

Two tablespoons of cornstarch to a cup of milk is the correct proportion for a plain blanc-mange that will hold its shape when molded and yet be delicate in texture.

ALOHA CREAM

½ cup rice
¼ cup sugar
1 cup crushed pineapple
¾ cup heavy cream

Cook rice in boiling salted water. Drain and pour cold water over to separate the kernels. Cool, add sugar and pineapple. Let stand in a cold place for an hour. Fold in cream which has been beaten until stiff and serve very cold. Servings, 6.

ALPHINE PUDDING

2 tablespoons gelatine
¼ cup cold water
1 cup boiling water
½ cup sugar
¼ cup lemon juice
½ cup orange juice
2 egg whites

Soften gelatine in the cold water and dissolve with boiling water, add sugar and fruit juice, cover, and set in a cold place until slightly thickened. Then beat until frothy, add the beaten egg whites and continue beating until mixture is stiff enough to hold in shape. Pour into molds, chill thoroughly, and serve with Yellow Sauce (see page 165). Servings, 6.

APPLE BLANC-MANGE

1 pint milk
2 tablespoons sugar
¼ teaspoon salt
Lemon rind
2 tablespoons cornstarch
½ to 1 cup apple sauce

Heat milk, sugar, salt, and lemon rind to scalding, add cornstarch dissolved in a little cold milk and cook ten minutes. Remove lemon rind and add the mixture to apple sauce, stirring well together. Mold and chill. Serve with cream. Servings, 5.

APPLE CREAM SOUFFLÉ

½ cup butter
Sugar
3 eggs
1 cup cream
1 pint apple sauce
Nutmeg

Cream butter and add sugar gradually. Add slightly beaten eggs, the cream, apple sauce, and nutmeg. Bake in individual cups in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SCALLOPED APPLES

5 apples (pared and cored)
¾ cup sugar
2 tablespoons butter
2 eggs
1 teaspoon cinnamon
½ teaspoon salt
2 cups fine bread crumbs

Boil the apples to a pulp, adding sugar. Stir the butter, beaten eggs, cinnamon, and salt into the apple sauce. Grease a baking-dish and put in one layer of crumbs, then a layer of apple pulp, and so on until all the apple is used. Cover the top with crumbs and bake in a moderate oven. Serve with cream or Custard Sauce (see page 162).
Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

APPLE GELATINE

2 tablespoons gelatine
½ cup cold water
6 tart apples
½ lemon (rind)
Water or sweet cider
1 cup sugar
1 lemon (juice)

Soak gelatine in cold water. Cook quartered apples with lemon rind and water or sweet cider to cover. Press through a sieve and add sugar and lemon juice. Add gelatine and when dissolved pour into mold. Serve with plain or whipped cream. Servings, 6.

APPLE ROYAL

8 apples
½ lemon
1½ cups sugar
1½ cups water
1 tablespoon gelatine
½ cup blanched almonds
1 tablespoon ginger

Pare and core the apples and rub them over with the lemon. Bring the sugar and water to the boiling point and cook the apples in it a few at a time until they are tender but not broken. Place in a cooking dish and stick in the almonds, sprinkle with sugar and set in a hot oven to brown quickly. Soften the gelatine in cold water and dissolve with the boiling syrup that remains. Remove the apples to the serving dish. Squeeze any remaining juice from the half lemon into the syrup and pour around the apples. Set aside until the gelatine stiffens mixture and serve very cold.
Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

APPLE SCALLOPED WITH BANANA

2 large tart apples (sliced)
2 bananas (sliced)
1 orange (juice)
2 tablespoons sugar
2 tablespoons butter

Butter baking dish, put in a layer of apples, cover with the bananas, sprinkle with some of the orange juice and sugar. Dot with part of the butter and cover with rest of sliced

apples. Then sprinkle with rest of sugar and orange juice, and add remainder of butter.
Time in oven, 40 minutes. Temperature, 350°. Servings, 4.

APPLE SURPRISE PUDDING

6 medium apples
1 cup sugar
2 tablespoons butter

Pare apples and slice very thin. Put a layer of slices in a greased baking dish, sprinkle liberally with sugar, then add another layer of apple slices. Repeat until apples and sugar are all used. The top layer should be sugar. Dot this layer with butter. Cover dish and bake in a moderate oven. When cold, it will turn out like a mold of jelly. Delicious with whipped cream.
Time in oven, 2 hours. Temperature, 300°. Servings, 6.

APRICOT CHARLOTTE

1 tablespoon granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 lemon
1 cup sugar
1 cup strained apricot
3 egg whites (stiffly beaten)

Wash one-fourth pound dried apricots, cover with cold water, and soak over night. Cook in same water until soft, adding more if necessary, then rub through purée strainer.

Soak gelatine in cold water, add boiling water, lemon juice, sugar, and strained apricot. Cool, and when jelly begins to thicken, beat until light, then add egg whites, and continue beating until mixture holds its shape. Chill and serve with whipped cream. Servings, 6.

APRICOT CHARLOTTE RUSSE

1 tablespoon granulated gelatine
¼ cup cold water
½ cup boiling water
⅓ cup sugar
2 teaspoons lemon juice
1 cup apricot pulp
1 cup heavy cream
Lady fingers

Soften gelatine in cold water and dissolve in boiling water. Add sugar, lemon juice, and apricot pulp. Let stand until

it begins to stiffen. Fold in stiffly beaten cream and turn into mold, which has been lined with lady fingers. Serve with whipped cream. Servings, 8.

APRICOT DAINTY

½ pound dried apricots
Sugar to taste
1 cup marshmallows
Cocoanut or chopped walnuts

Soak apricots over night in cold water to cover and cook until tender. Mash and add sugar to taste. Cool apricots slightly, add marshmallows and fold in when they melt. Put in sherbet glasses and over the top sprinkle cocoanut or chopped nuts. This makes an inexpensive and delicious dessert and is quickly prepared. Servings, 4.

APRICOT AND RICE MOLDS

⅔ cup rice
2 quarts boiling water
2 teaspoons salt
1 cup dried apricots
½ cup corn syrup or honey
½ cup apricot liquor

Boil rice twenty minutes in salted water, drain, and rinse with cold water. Pack in a large mold lined with waxed paper or in individual molds which have been wet with cold water and let stand several hours.

Soak apricots over night in cold water to cover. Cook syrup or honey and juice from the apricots until quite thick. Add the apricots and cook until soft. Arrange the fruit around the mold of rice, pour syrup over all and garnish with whipped cream or with apricots cut in small pieces. Servings, 6.

BAVARIAN CREAM MOLDS

1 quart strawberries
1½ cups sugar
½ tablespoon granulated gelatine
¼ cup cold water
¾ cup hot milk
2 egg yolks
⅛ teaspoon salt
1 cup heavy cream
½ cup top milk
1 teaspoon vanilla extract

Hull and wash strawberries. Save about eighteen berries for garnishing. Mash the rest. Add one cup of the sugar to

them and put aside to chill. Soften the gelatine in cold water. Add one-fourth cup of sugar to the hot milk. Beat the egg yolks, add the other one-fourth cup of sugar and the salt and beat again. Cook egg mixture in hot milk until it coats the spoon, then add softened gelatine. Strain and cool. Beat the cream stiff and save half for garnishing. As soon as the gelatine mixture begins to thicken, add the other half of the whipped cream, the top milk, and vanilla. Fold over and over until blended and mold. Servings, 8.

CHOCOLATE BLANC MANGE

1½ squares chocolate
2 cups milk
¼ teaspoon salt
3 tablespoons cornstarch
¼ teaspoon cinnamon
¼ cup sugar
¼ cup cold milk

Heat the chocolate in the milk. Mix the salt, cornstarch, spice and sugar and add the cold milk. When the chocolate has melted, add the cornstarch mixture and stir until it thickens. Cook thirty-five minutes in double boiler. Cool, pour into serving dish and chill. Serve with milk or cream. Servings, 5.

CHOCOLATE CREAM

2½ ounces chocolate
1 quart milk
⅓ cup cornstarch
1 cup sugar
½ teaspoon salt
2 eggs
2 teaspoons vanilla

Melt chocolate in double boiler, add milk slowly, and bring to scalding point. Mix cornstarch with sugar and salt and add to hot milk. Cook thirty minutes in double boiler, stirring often. Add the mixture to beaten egg yolks and set aside to cool. Beat whites of eggs until stiff and fold into partly cooled pudding. Add vanilla and serve cold with whipped cream. Servings, 6.

CHOCOLATE CREAM PIE

½ cup butter
1 cup sugar
⅔ cup sweet milk
4 teaspoons baking powder
2 cups flour
2 egg whites (stiffly beaten)
1 pint cream

Cream butter and sugar, add the milk, then the baking powder and flour sifted together, and last fold in the egg whites. Bake in a moderate oven, cool and split. Fill with the cream beaten stiff, sweetened, and flavored with vanilla. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

Top for pie

2 squares chocolate
⅓ cup hot water
½ cup sugar

Melt chocolate in the water to form a thick paste. When blended add sugar and spread on cake.

CHOCOLATE CRUMBS

6 squares unsweetened chocolate
1 cup confectioners' sugar
1 cup dried bread crumbs

Melt chocolate in double boiler. Add sugar and crumbs. Mix thoroughly and put into a dish to cool. Serve in sherbet glasses with sweetened whipped cream. Servings, 7.

CHOCOLATE ROLL

3 eggs
1 cup sugar
¼ teaspoon salt
1 teaspoon baking powder
1 cup flour
6 tablespoons boiling water
½ teaspoon vanilla

Beat yolks of eggs well, then beat in sugar. Sift salt, baking powder, and flour together twice. Add water, flavoring, and flour to egg mixture. Beat well and fold in the stiffly beaten egg whites. Spread very thinly on two shallow tins. Bake in a moderate oven. Turn out on a damp napkin and trim off crisp edges. Spread quickly with Chocolate Roll Filling (see page 198), and roll.
Time in oven, 25 minutes. Temperature, 325°. Servings, 8.

CHOCOLATE-TAPIOCA PUDDING

¾ cup minute tapioca
¾ cup sugar
Speck salt
1 quart milk
2 squares chocolate

Add tapioca, sugar, and salt to the milk and cook until granules are clear and milk is absorbed. Melt the chocolate and add to the mixture as soon as it is hot. If more liquid is needed, add by the tablespoon. Pour into wet molds. Chill. Servings, 6.

COFFEE FOAM

1½ tablespoons gelatine
¼ cup cold water
2 cups coffee
½ cup sugar
1 tablespoon lemon juice

Soften gelatine in cold water and dissolve in hot coffee. Add sugar and lemon juice. Let stand until it begins to thicken. Beat until stiff enough to hold its shape. Turn into individual molds. Serve with whipped cream. Servings, 4.

BAKED CUSTARD

1 cup milk
1 egg
1½ tablespoons sugar
Speck salt
Flavoring to taste (nutmeg, cinnamon, vanilla or lemon extract)

Scald milk. Beat egg, add sugar and salt. Pour the scalded milk gradually on the egg mixture. Flavor and pour into custard cups. Place in deep pan and pour boiling water around until it almost reaches the top of cups. Bake in a moderate oven until a knife blade comes out clean. If cooked too long, a custard will curdle.
Time in oven, 30 minutes. Temperature, 325°. Servings, 2.

BAKED CUSTARD

3 egg yolks
2 egg whites
1 pint milk
¼ cup sugar
½ teaspoon salt
1 teaspoon flavoring

Beat eggs slightly and add to scalded milk with sugar, salt, and flavoring. Pour into custard cups, set in a pan of hot water and bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED CARAMEL CUSTARD

¾ cup sugar
1 quart milk
5 eggs
½ teaspoon salt
1 teaspoon vanilla

Melt sugar in skillet, stirring constantly until a golden brown. In the meantime, have the milk scalding in a double boiler. When sugar is ready pour on milk and stir until dissolved. Add eggs slightly beaten, salt, and vanilla. Pour into individual molds or one large one. Set in pan of water and bake until firm in a moderate oven. Individual custards may be cooked more quickly by steaming. Set molds in kettle of cold water, cover tightly, and bring slowly to boiling point. Turn off heat and let cool.
Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

BOILED CUSTARD

1 cup milk
2 eggs
2 tablespoons sugar
Pinch salt
Few drops vanilla, or
Grating of nutmeg

Reserve one egg white for meringue. Scald milk in double boiler. Beat eggs, add sugar and salt, and pour on gradually the scalded milk. Pour back into top of double boiler and stir constantly until it coats the spoon. Add flavoring and cool. Serve with meringue made by beating egg white until stiff and sweetening to taste. Servings, 2.

COCOANUT CUSTARD

1 quart milk
¾ cup cocoanut
1 tablespoon cornstarch
2 tablespoons water
2 eggs
⅓ cup sugar
½ teaspoon salt
1 teaspoon vanilla

Use freshly grated, or shredded cocoanut, or cocoanut canned in milk. If the fresh cocoanut is used, add an extra tablespoon sugar. Put milk and cocoanut into double boiler and bring to scalding point, add cornstarch which has been mixed until smooth with cold water, and cook five minutes. Beat

eggs, add sugar, salt, and milk mixture. Mix well, add vanilla, turn into custard cups, place in pan of hot water, and bake in a moderate oven until knife comes out clean.
Time in oven, 25 minutes. Temperature, 325°. Servings, 6.

RAISIN CUSTARD

2 eggs
⅔ cup raisins
2 cups milk
¼ teaspoon salt
½ teaspoon nutmeg

Beat eggs slightly, add chopped raisins, milk, salt, and nutmeg. Pour into individual cups, set in a pan of water, and bake in a moderate oven.
Time in oven, 1 hour. Temperature, 325°. Servings, 6.

SOFT CUSTARD

½ cup milk
1 egg yolk
1 tablespoon sugar
Speck salt
A few drops flavoring to taste

Follow directions for Boiled Custard. Serving, 1.

DATE-NUT PUDDING

1 package (12 ounces) dates
⅓ cup sugar
½ cup cracker crumbs
1 cup hot water
Pinch salt
1 egg
½ cup nut meats

Put all ingredients except egg and nut meats into a double boiler. Cook until well blended, stirring constantly. Add egg well beaten, and the nut meats. Serve with whipped cream or soft custard. Servings, 4.

DATE PINEAPPLE JELLY

1 tablespoon gelatine
1 cup water
1 cup pineapple juice
¼ cup sugar
2 tablespoons lemon juice
½ cup pineapple
½ cup dates
¼ cup blanched almonds

Soften gelatine in two tablespoons cold water. Bring rest of water, pineapple juice, and sugar to boiling point. Dis-

solve gelatine in the hot liquid and add lemon juice. Cool, and when it begins to thicken, stir in fruit and nuts, cut in small pieces. Turn into molds. Serve with whipped cream. Servings, 6.

DELICIOUS STEWED FIGS

1 pound figs
½ cup honey
Water

Wash pulled figs and soak six to twelve hours in water to cover. Add honey and cook slowly two to three hours or until very tender.

FIG SURPRISE

1 pint milk
⅓ cup cream of wheat
⅓ cup sugar
½ teaspoon salt
⅓ cup fig syrup
½ teaspoon lemon extract
6 stewed figs
¼ cup nuts
¼ cup cocoanut

Scald the milk and stir in the cream of wheat, sugar and salt. Cook twenty minutes. Add fig syrup and extract. Figs should be small and cooked until skins are tender. Stuff figs with nuts and cocoanut. Put a spoonful of hot pudding in each mold, lay in a stuffed fig, and cover with pudding. Serve cold with fig syrup or Custard Sauce (see page 162). Servings, 6.

FRUIT CREAM

2 cups diced pineapple
2 cups marshmallow cubes
1 cup diced bananas
1 cup heavy cream

Drain canned pineapple and cut in half-inch cubes. Cut marshmallows in four pieces, and mix lightly with pineapple. Pour pineapple juice over diced bananas, and just before serving drain off juice. Then add bananas to first mixture. Fold in stiffly whipped cream and serve very cold. Garnish with slivers of candied orange peel, or with strawberries which have been rolled in granulated sugar. Servings, 8.

FRUIT GELATINE

2 ounces gelatine
2½ cups water
1 cup sugar
½ cup lemon juice
2 cups fruit

Soften the gelatine in a cup of the water. Add the sugar to the rest of the water and bring the mixture to a boil. Add gelatine. Dissolve thoroughly, cool, and add lemon juice. When it commences to set, stir in the fruit, which has been cut in pieces, and finish cooling. The fruit may be any desired kind. Garnish with whipped cream. Servings, 6.

FRUIT MACÉDOINE

1 grapefruit
2 oranges
3 slices pineapple
⅓ cup honey
2 teaspoons cocoanut
6 dates

Combine pulp of grapefruit and oranges with diced pineapple. Dilute honey with fruit juices, and put two tablespoonfuls or more in each cup over the fruit. Garnish with dates and cocoanut. Serve ice cold. Servings, 6.

GRAPE JUICE SOUFFLE

2 cups grape juice
2 tablespoons granulated gelatine
1 teaspoon lemon juice
4 egg whites
1 cup cream

To the grape juice add gelatine and heat until the gelatine is dissolved. Add lemon juice. Strain and cool. When mixture begins to stiffen, beat in stiffly beaten whites of eggs and fold in stiffly beaten cream. Turn into molds and chill. If fresh grape juice is used one scant cup of sugar should be added to the juice. Servings, 8.

JELLIED PLUM PUDDING

2 tablespoons gelatine
1 cup cold water
2 cups boiling water
¾ cup sugar
½ cup lemon juice
1 cup chopped dried fruits
⅓ cup shredded cocoanut

Soften gelatine in cold water and dissolve in boiling water. Add sugar, lemon juice, dried fruits, and cocoanut. Dates, chopped raisins, and small whole raisins make a very satisfactory fruit combination. Turn into a ring mold to harden. When serving fill the centre with sweetened whipped cream. Sprinkle with nuts. Servings, 6.

LOGANBERRY WHIP

1 teaspoon gelatine
1 tablespoon water
1 cup strained loganberries
1 egg white
1 cup powdered sugar
1 tablespoon lemon juice

Soften gelatine in cold water and dissolve over hot water. Put all ingredients in a bowl and beat with a wire whisk until stiff enough to hold shape. Serve very cold. Any strained berry or fruit pulp may be used in place of loganberries. Servings, 4.

MOCK MACAROON PUDDING

1 egg white
⅓ cup sugar
2 cups corn flakes
⅓ cup cocoanut (shredded)
1 teaspoon vanilla
Pinch salt

Beat egg white stiff and combine ingredients. Spread in a thin sheet on a greased baking pan. Bake slowly until brown and crisp. Let cool in pan. Pile lightly in serving dishes. Serve with cream, or date or prune sauce.
Time in oven, 25 minutes. Temperature, 300°. Servings, 4.

MAPLE NUT MOLD

½ cup brown sugar
3 tablespoons cornstarch mixed with cold water
1½ cups hot water
1 egg white
¼ teaspoon salt
½ teaspoon vanilla
¼ cup walnut meats

Add sugar and cornstarch to hot water. Cook in double boiler fifteen minutes. Fold in beaten egg white, salt, and vanilla. Add nuts and put away in molds to chill. Servings, 4.

MAPLE SURPRISE

1 cup rice
2 cups milk or
2 quarts water
1 cup cream (heavy)
¾ cup maple syrup, or
1 cup maple sugar

The rice may be cooked in milk in a double boiler and not drained or cooked as usual in boiling water. In the latter case drain it and let cold water run through it. Beat the cream, and add the syrup gradually when the cream begins to thicken. Fold in the rice. Put in cold place. If maple sugar is used instead of syrup, it should be finely shaved and sprinkled over the whipped cream piled over the rice. Servings, 8.

MARBLED DESSERT

Yellow — Part 1

1 pint milk
⅓ cup sugar
2 eggs
1 tablespoon gelatine
¼ cup cold water
Speck salt
½ teaspoon vanilla

Scald milk, add sugar and beaten eggs, cook three minutes, stirring all the time. Soften gelatine in cold water and dissolve in hot custard. Cool, add salt and vanilla.

Chocolate — Part 2

2 squares chocolate
1 pint milk
1½ tablespoons gelatine
½ cup cold water
½ cup sugar
Speck salt
1 teaspoon vanilla

Melt chocolate and add milk slowly until a smooth paste is formed. Scald milk and chocolate and add the gelatine softened in the cold water, and sugar. Cool, add salt and vanilla. To mold, put spoonful of each mixture, almost stiff, into a mold, let harden, then repeat. If the mixtures are of the same stiffness they will run into each other to give a pretty marbled effect. When set and cold serve with plain cream. Servings, 6.

MARMALADE TAPIOCA PUDDING

6 tablespoons minute tapioca
¼ teaspoon salt
2 cups cold water
1 cup marmalade
1½ tablespoons lemon juice
2 egg whites

Put tapioca, salt, and water in top of double boiler and cook over direct heat for five minutes, then cook over hot water until transparent, about one hour. Remove from stove and add marmalade and lemon juice, and, when partially cooled, fold in whites of eggs stiffly beaten. Serve with boiled custard sauce or cream. Servings, 6.

MOCHA SHORTCAKE

¼ cup shortening
1 cup sugar
¼ teaspoon vanilla
1¾ cups flour
2½ teaspoons baking powder
½ teaspoon salt
½ cup milk
2 egg whites

Cream the shortening, add the sugar slowly and then the vanilla. Mix and sift the dry ingredients, and add to first mixture, alternately with the milk. Beat thoroughly and fold in the stiffly beaten egg whites. Bake in two layer cake pans in a moderately hot oven. Put together with Mocha Cream Filling (see page 200).
Time in oven, 35 minutes. Temperature, 375°. Servings, 8.

NUT DELIGHT

2 egg yolks
½ cup sugar
1 cracker rolled fine
¼ pound nuts (chopped or ground)
2 egg whites

Mix all ingredients except egg whites together. Add these, stiffly beaten, and fold them in gently. Bake in a shallow pan in a slow oven. When cool, cut in squares and pile in sherbet glasses. Top with whipped cream and a cherry.
Time in oven, 20 minutes. Temperature, 250°. Servings, 5.

ORANGE CREAM

4 eggs
½ cup sugar
1 large lemon, juice and rind
1 large orange, juice and rind
2 tablespoons hot water
Lady fingers or angel cake

Separate the eggs and beat the yolks with one-half the sugar; add fruit juices (three-fourths cup in all) and hot water and cook in double boiler until it thickens, stirring constantly. Remove from stove and pour over egg whites beaten stiff with remainder of sugar. Chill, and serve in glass cups lined with lady fingers or strips of cake. Servings, 6.

PEACH CUP

Peel peaches, cut in small pieces, and add powdered sugar to taste. Remove seeds and rind from cantaloupe, and cut in pieces. Wash raisins and cut in halves; they should be of good quality, moist and plump. Mix and put in sherbet glasses with a little of the peach juice in the bottom and chill. Before serving place a spoonful of whipped cream on top. If convenient, garnish with bits of candied orange peel.

PINEAPPLE MERINGUE

1 cup sugar
1 cup pineapple juice
1 tablespoon lemon juice
4 cloves
Few shreds lemon peel and crystallized ginger
6 slices canned pineapple
2 egg whites
½ cup sugar

Dissolve sugar in pineapple juice, add lemon juice, cloves, lemon peel and ginger. Bring to a boil, add pineapple slices and boil fifteen minutes. Remove pineapple and drain. Beat egg whites until stiff, add sugar and continue beating until thoroughly blended. Arrange meringue on pineapple slices, using a pastry bag if desired. Bake in a moderate oven until meringue is firm. Serve cold with the pineapple syrup. Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

PINEAPPLE RICE

½ cup rice
2 quarts salted water
2 cups cut pineapple
1 cup heavy cream
⅓ cup powdered sugar

Cook rice in two quarts salted water until tender but unbroken. Drain, pour cold water through rice to prevent sticking. Cut pineapple in small pieces. Beat cream until stiff and sweeten with the powdered sugar. Fold cream and pineapple into rice, being careful not to break kernels. Serve in sherbet cups with bits of candied cherries, or fresh sugared strawberries on top. Servings, 6.

PINEAPPLE TAPIOCA

½ cup minute tapioca
1 cup sugar
Pinch salt
4 cups water
1 cup crushed pineapple
Currant jelly

Cook the tapioca, one-half cup sugar, salt, and water, in double boiler, until tapioca is clear, about forty-five minutes. Remove from fire and add pineapple and other one-half cup sugar. When cold decorate with currant jelly and serve with sweetened whipped cream. Any canned or fresh fruit may be used. Servings, 8.

PRUNE DELIGHT

24 stewed sweetened prunes
½ cup walnut or almond meats
1 cup heavy cream
½ cup shredded cocoanut
½ cup maraschino cherries

Remove stones from prunes. Fill cavity with nut meats. Place in tall stemmed sherbet glasses. Pour two or three tablespoons of the prune juice over prunes and top with generous serving of whipped cream. Sprinkle with cocoanut and decorate with cherries. Servings, 6.

PRUNE WHIP

3 egg whites
½ cup sugar
1 cup prune pulp
2 tablespoons lemon juice

Beat egg whites until stiff, adding sugar gradually. Fold in prune pulp and add lemon juice. Serve very cold with Custard Sauce (see page 162). Servings, 4.

PRUNE SOUFFLÉ

1 cup cooked prune pulp
¼ cup prune juice
½ cup bread or cracker crumbs
2 tablespoons sugar
1 teaspoon vanilla
½ cup nut meats (chopped)
2 egg whites

Mix pulp, juice and crumbs and stir well. Add sugar and vanilla. Stir again, adding nuts. Beat egg whites and fold into mixture. Pour into buttered dish and set it in pan of water. Bake in a moderate oven until firm and serve with whipped cream.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

RASPBERRY CREAM WHIP

1 cup marshmallows
1½ cups canned raspberries
½ cup heavy cream
¼ cup walnuts or pecans

Cut marshmallows in small pieces, add to raspberries and let stand in a cold place until thoroughly chilled. Whip cream until stiff and fold into raspberry mixture. Add nuts. Serve garnished with pieces of marshmallow. Servings, 6.

RICE BUTTERSCOTCH

⅛ cup rice
2 cups milk
¼ teaspoon salt
1 cup brown sugar
2 tablespoons butter

Wash rice and cook until nearly tender in the milk, to which salt has been added, using double boiler. Cook brown sugar and butter in a shallow pan until the mixture gets very dark. Add to rice and cook until rice is tender and caramel is melted. Serve cold. Servings, 4.

RICE GLACÉ

¼ cup rice
1 pint milk
1 tablespoon gelatine
2 tablespoons cold water
3 tablespoons hot water
¼ teaspoon salt
⅓ cup sugar
1 teaspoon vanilla
½ cup heavy cream

Parboil rice in salted boiling water five minutes and drain. Put into double boiler with hot milk, cooking until soft but unbroken. Soak gelatine in cold water, add hot water, salt and sugar, stir until dissolved, and add to rice mixture. Add vanilla, stiffly beaten cream, and more sugar if desired and chill. Servings, 4.

MOCK SHERBET

½ cup minute tapioca
¼ teaspoon salt
1 cup sugar
2 cups boiling water
2 lemons
2 egg whites

Cook tapioca, salt, sugar, and water together in double boiler until clear, stirring often. About five minutes before removing from fire add juice of two lemons and the grated rind, being careful not to get any but the yellow coating. A little lemon extract may also be added. Pour mixture on to a platter, which has been dipped in cold water. As soon as the edges begin to jelly, add the well beaten whites of eggs. Beat until very light and foamy. Serve very cold in sherbet cups with whipped cream piled on top. Servings, 6.

SNOW PUDDING

1 tablespoon granulated gelatine
¼ cup cold water
⅛ teaspoon salt
1 cup boiling water
1 cup sugar
¼ cup lemon juice
3 egg whites

Soak gelatine in cold water and add salt. Pour boiling water over it and stir until dissolved. Add sugar and lemon juice, and strain into a large bowl to cool. Beat the egg whites until stiff. When the jelly thickens add the eggs and beat with wire whisk until stiff enough to hold its shape. Serve with Custard Sauce (see page 162). Servings, 4.

SNOW PUFFS

3 tablespoons cornstarch
½ cup sugar
⅛ teaspoon salt
¼ cup cold water
2 cups hot milk
¼ teaspoon vanilla

Mix cornstarch, sugar and salt, and add the cold water. When this is smooth, pour into hot milk and cook until it thickens. Cool slightly and add flavoring. Pour into a large mold or small individual molds and set aside until cool. Turn out of molds and surround with Chocolate Sauce (see page 162). Servings, 4.

STEWED RHUBARB AND FIGS

⅓ pound pulled figs
Water to cover figs
1 pound rhubarb
1 cup sugar

Wash figs thoroughly and drain. Add hot water to barely cover, and soak until plump. Wash rhubarb and cut in inch pieces without peeling, unless the skin is discolored. Put rhubarb, figs, sugar and fig water into double boiler, and cook until fruit is tender. Servings, 6.

STRAWBERRY MERINGUE PUDDING

1 tablespoon butter
½ cup sugar
2 egg yolks
2 cups milk
1 cup bread crumbs
1 cup strawberries
¾ cup sugar
2 egg whites

Cream butter and sugar, add beaten yolks, milk, and crumbs. Pour into a buttered dish and bake covered, in a moderately hot oven until firm. Place strawberries over the top of pudding, add one-half cup of sugar and spread with meringue made from stiffly beaten whites and one-quarter cup sugar. Bake in a moderate oven to set meringue. Serve cold with cream.

Time in oven, 30 minutes and 20 minutes. Temperature, 375° and 325°. Servings, 6.

STRAWBERRIES AND RICE

3 cups milk
½ cup rice
½ teaspoon salt
½ cup sugar
1 tablespoon gelatine
½ cup cold water
1 tablespoon lemon juice
½ cup cream

Heat the milk in double boiler. Add rice, well washed, and salt and cook until the rice is tender, and the milk is nearly all absorbed. Stir in carefully the sugar and add gelatine which has been softened in cold water and dissolved over steam. When the mixture is partly cold, add lemon juice and when it is beginning to set stir in lightly the cream which has been whipped. Turn into a wet mold and set on ice to cool. Turn out and serve with strawberry sauce. Servings, 6.

FROZEN DESSERTS

Facts to Remember about Frozen Desserts

The texture of frozen desserts depends upon the nature of the mixture and the proportion of ice and salt used in freezing it.

A mixture which is given body by cream or eggs, or is thickened with a starch or gelatine, will be smoother than one containing a large proportion of water and nothing to thicken it.

For smooth, fine-grained ice cream, sherbet, or water ice, three parts of ice to one of salt should be used. For frappés, a coarser texture is desired and equal parts of ice and salt are used. Mousses and parfaits, rich mixtures frozen without stirring, require two parts of ice to one of salt.

The ice should be broken in pieces small enough to prevent the formation of large air spaces between, but not so fine that melting will take place rapidly. The salt and ice should be thoroughly mixed before putting them in the freezer.

With any mixture that is stirred during the freezing process, the can should not be more than three-quarters full, to allow for swelling.

The crank should be turned slowly at first, and then more rapidly in order to beat air into the mixture as it begins to freeze.

When the mixture is frozen the water which has accumulated in the pail should be poured off and the freezer refilled with four parts of ice to one of salt.

Ice creams and sherbets should stand for at least an hour before serving. This ripening process improves the flavor and the texture.

Mousses and parfaits require from two to four hours to freeze, depending upon the richness of the mixture and the size of the mold.

To mold ices and creams, pack the frozen mixture solidly into chilled molds, and fill the molds completely. Cover with heavy waxed paper, put on the covers, and seal the edges with strips of cloth dipped in melted lard or other solid fat. Bury the molds in ice and salt. To unmold, rinse with cold water and wipe dry, remove the covers, invert the molds on a platter, and wrap for a moment with a cloth wrung out of hot water.

APRICOT ICE

1½ cups apricot pulp
2 cups sugar
3 cups water
½ cup lemon juice

Use one No. 2 can of apricots and put through coarse sieve. Make syrup of sugar and water by boiling together ten minutes. Cool syrup, and add with lemon juice to apricot pulp. Freeze to a mush, and let stand one hour or more to ripen. Servings, 8.

FROZEN BISQUE

1 pint cream
2 eggs
¾ cup powdered sugar
6 oatmeal or graham crackers
½ cup cocoanut
1½ teaspoons vanilla

Whip cream, add egg yolks well beaten, sugar, crackers rolled fine, cocoanut, and vanilla. Fold in stiffly beaten egg whites. Put in freezer or mold, pack in ice and salt, and let stand three hours. Servings, 8.

MARASCHINO BISQUE

¾ cup sugar
½ cup water
2 eggs
½ cup maraschino cherries and juice
1 pint cream

Boil sugar and water until it spins a thread. Pour syrup slowly on beaten egg yolks and beat until light. Fold in whites beaten stiff, place over a pan of boiling water and cook six minutes. Cool, stirring frequently. When cold add the cherries and fold in the whipped cream. Turn into one large mold or individual molds. Pack in ice and salt, and let stand for three or four hours. Servings, 6.

COFFEE DESSERT

½ pint cream
⅜ cup coffee infusion
⅓ cup sugar
½ teaspoon vanilla

Put ingredients into a deep bowl, beat all together until very stiff. Put into mold or tightly covered jar, pack in salt and ice, and let stand for three hours. Servings, 4.

COFFEE ICE CREAM WITH VANILLA NUT PARFAIT IN CENTRE

Line melon molds with coffee ice cream, fill centre with vanilla nut parfait, cover with coffee ice cream and freeze as suggested under Vanilla Ice Cream with Strawberry Mousse in centre (page 140 for Coffee Ice Cream).

FROZEN PEACHES

6 cups cream
2 cups peach pulp (fresh or canned)
Sugar
¼ teaspoon each, vanilla and almond extract

To cream, add peach pulp (obtained by rubbing peaches through sieve). Sweeten to taste and flavor. It may be colored a delicate pink if wished. Freeze like ice cream or pack in ice and salt, and let stand for three hours. Servings, 12.

FROZEN RICE

1 tablespoon gelatine
1 cup milk
2 cups boiled rice
½ teaspoon salt
1 cup sugar
1 cup cream
1 cup finely chopped walnut meats
1 teaspoon vanilla

Soften gelatine in milk, and place over hot water until dissolved; then add rice, salt, and sugar. When cool, fold in whipped cream, nut meats, and flavoring. Pack in ice and salt, and let stand for two or three hours. Servings, 8.

RASPBERRY AND MACAROON MOLD

1 cup water
⅓ cup sugar
1 pint raspberry syrup
1 tablespoon lemon juice
1 cup cream
5 macaroons

Cook water and sugar for three minutes, add raspberry syrup and lemon juice. The juice from canned raspberries may be used. Freeze, and line a mold with this mixture and fill the centre space with the following mixture: Beat cream until stiff, add macaroons, broken in small pieces and sweeten to taste. Cover, pack in salt and ice, and let stand for three hours. Servings, 6.

VANILLA ICE CREAM WITH STRAWBERRY MOUSSE IN CENTRE

Make vanilla ice cream by any preferred recipe and use to line a two-quart melon mold. Fill centre with Strawberry Mousse. Cover with ice cream, filling mold to overflowing. Cover, pack in ice and leave one hour. Then turn off the water that accumulates around the mold, repack and leave two hours or until needed. Turn out on a serving-dish, and surround with fresh cherries or strawberries (see page 143 for Strawberry Mousse). Servings, 12.

VANILLA NUT PARFAIT

⅓ cup sugar
½ cup water
1 beaten egg white
¾ cup cream
1 teaspoon vanilla
½ cup chopped nut meats, walnuts, pecans, or blanched almonds

Boil sugar and water until syrup will spin a thread when dropped from tip of spoon, pour slowly on beaten egg white and continue beating until mixture is cool. Beat cream until stiff, add vanilla, and fold into the first mixture with chopped nut meats. Pack in ice and salt, and let stand three or four hours. Servings, 4.

ICE CREAM

CARAMEL ICE CREAM

1 quart cream
1 cup milk
½ cup sugar
1 cup sugar (caramelized)
1 tablespoon flour
Vanilla

Cook all ingredients, except flavoring, ten minutes. Cool, flavor and freeze. Servings, 8.

To caramelize the sugar, put it in a smooth saucepan and cook without water until a golden brown syrup is formed. Stir constantly to prevent burning.

CHOCOLATE ICE CREAM

1 quart milk
6 eggs
2 cups sugar
1½ tablespoons flour
2 squares chocolate
1 tablespoon vanilla
1 pint cream, whipped

To the milk add eggs, sugar, flour and chocolate, and cook in a double boiler fifteen minutes. Cool, add flavoring and cream and freeze. Servings, 10.

COFFEE ICE CREAM

¼ cup ground coffee
2 cups milk
1¼ cups sugar
2 tablespoons flour
Pinch salt
2 eggs
2 cups cream

Scald coffee with milk and strain through fine cheese cloth. Mix sugar, flour, and salt, and add eggs, well beaten. Pour the scalded milk on slowly, stirring all the time. Cook in a double boiler for twenty minutes, stirring constantly until thickened and then occasionally. Cool, add the cream which has been whipped, and freeze. Servings, 8.

PEACH ICE CREAM

Peach Ice Cream may be made the same as Strawberry Cream.

STRAWBERRY ICE CREAM

1 quart strawberries
2 cups sugar
1 cup milk
1 quart cream

Cover berries with sugar, let stand for an hour and strain through a coarse cheese cloth. Mix the pulp with milk and strain again. Add cream and more sugar if desired. Freeze. Servings, 10.

VANILLA ICE CREAM NO. 1

1 cup powdered sugar
4 cups cream
1 tablespoon vanilla

Add sugar to cream and stir until dissolved. Add flavoring and freeze. Servings, 8.

VANILLA ICE CREAM NO. 2

2 eggs
1 cup sugar
2 cups cream
1 cup milk
1 tablespoon vanilla

Beat the eggs and sugar together until the sugar is entirely dissolved, and the mass is a pale yellow in color. Whip cream until stiff, and add to eggs and sugar. Then add milk and flavoring. Freeze. Servings, 8.

VANILLA ICE CREAM NO. 3

2 cups milk
1 cup sugar
2 tablespoons flour
Pinch salt
2 eggs
2 cups cream
½ tablespoon vanilla

Scald milk. Mix sugar, flour, salt; add whole eggs, and beat together. Add hot milk and when well mixed turn into double boiler and cook twenty minutes, stirring constantly until smooth, then occasionally. Cool, add cream and flavoring and freeze. Servings, 10.

VANILLA ICE CREAM WITH PEACHES

1 pint milk
1½ cups sugar
4 tablespoons flour
¼ teaspoon salt
2 eggs
1 quart thin cream
1 teaspoon vanilla
Peaches

Scald milk. Mix sugar, flour, and salt together. Add the milk, and cook twenty minutes, stirring until smooth. Beat eggs slightly and add slowly some of the hot milk mixture, then return to double boiler, and cook three minutes longer. Add cream and flavoring, cool, and freeze. Peel and slice the peaches, using those that are quite soft. Add powdered sugar to taste, and let stand a few minutes. Line mold with cream, packing it well, and smoothing surface with back of spoon. The cream should be about an inch in thickness. Fill centre with peaches, drain off any juice that has collected and cover with cream. Pack mold in ice and salt as usual, but let stand only about half an hour. The fruit should be chilled, but not frozen. Servings, 12.

MOUSSES

COFFEE MOUSSE

1¼ tablespoons granulated gelatine
2 tablespoons cold water
1 cup hot coffee
½ cup sugar
1 quart cream, whipped
½ teaspoon vanilla

Soak gelatine in water, add coffee and stir until dissolved. Add sugar, and cool until it begins to harden. Fold in cream to which vanilla has been added. Pack in ice and salt, and let stand for four hours. Servings, 8.

MAPLE MOUSSE

2 egg yolks
1 cup maple syrup (hot)
1 pint cream

Beat egg yolks and pour maple syrup over them stirring all the time. Cook mixture in a double boiler until it thickens, and cool. Whip cream, and fold into the mixture. Turn into mold and pack in ice and salt for three hours. Servings, 6.

STRAWBERRY MOUSSE

1 cup heavy cream
½ cup powdered sugar
Few grains salt
1 cup strawberry purée (fresh strawberries rubbed through a sieve)

Beat cream until stiff, and fold in sugar, salt, and strawberry purée. One-half cup maraschino cherries cut in pieces may be used instead of strawberries. Pack in ice and salt, and let stand for three hours. Servings, 4.

WILD ROSE MOUSSE

4½ cups pineapple juice
¾ cup lemon juice
Sugar
4½ cups cream
¾ cup powdered sugar
1 tablespoon vanilla

Mix pineapple juice and lemon juice. Sweeten to taste, and color a delicate pink with color paste. Freeze, and fill brick molds one-half full with the mixture. Beat cream, add powdered sugar and vanilla, and place on top of the fruit juice, having the molds full enough to overflow. Cover closely, pack in ice and salt, and let stand three hours. Chopped walnuts may be added to the cream if one likes. Servings, 12.

SHERBETS

BANANA CREAM SHERBET

1½ cups water
1¼ cups sugar
1 teaspoon gelatine
1½ cups banana pulp
¼ teaspoon salt
6 tablespoons lemon juice
1 cup cream
Bananas and nuts to garnish

Boil water and sugar fifteen minutes. Soften gelatine in cold water and dissolve in hot syrup. Prepare banana pulp

by mashing the bananas and beating them until smooth. Add to syrup with salt and lemon juice. Freeze to a mush, add beaten cream and finish freezing. Let stand at least one hour in salt and ice to ripen. Serve, garnished with the fruit and nuts. Servings, 6.

CHERRY SHERBET

1 cup stoned red cherries
2½ cups water
½ cup sugar
1 tablespoon gelatine
Juice of 1 orange

Scald cherries in water, add sugar, and gelatine softened in cold water. Cool and add orange juice. Freeze to a mush, and let stand several hours. Servings, 5.

GRAPE SHERBET

½ cup sugar
¼ cup lemon juice
4 cups grape juice
2 cups cream

Add sugar and lemon juice to grape juice and stir until sugar is all dissolved. Freeze to a mush, add the cream which has been beaten stiff, and continue to freeze. Servings, 10.

GRAPE MILK SHERBET

1 cup sugar
½ cup water
2 cups milk
1 cup grape juice
Pinch salt

Combine sugar and water, bring to a boil and boil one minute. Cool, and add other ingredients, and freeze. Servings, 5.

LEMON SHERBET

6 tablespoons lemon juice
1 cup sugar
½ teaspoon salt
1 can evaporated milk (large size)
1 quart milk
Grated rind of one lemon

Mix ingredients and freeze. Servings, 8.

LONDON SHERBET

2 cups water
2 cups sugar
¼ teaspoon nutmeg
½ cup chopped raisins
1 cup fruit syrup
1 cup orange juice
¼ cup lemon juice
3 egg whites

Boil water, sugar, nutmeg, and raisins for ten minutes. When cold, add fruit juices. Partially freeze, add the stiffly beaten egg whites and continue freezing. Servings, 8.

MILK SHERBET

½ cup lemon juice
2 cups sugar
1 quart milk

Mix lemon juice and sugar, and add milk, stirring constantly. Freeze. Servings, 6.

PINEAPPLE CREAM SHERBET

1 quart crushed pineapple
1 cup sugar
1 tablespoon gelatine
½ cup cold water
2 tablespoons lemon juice
1 cup orange juice
1 cup cream, whipped

Boil the pineapple and sugar together for fifteen minutes. Add gelatine which has been softened in the cold water. Add lemon and orange juices. Freeze, adding cream when partly frozen. Servings, 9.

RASPBERRY SHERBET

1½ cups canned raspberries
1½ cups sugar
1 lemon (juice)
1½ cups milk
1½ cups cream

Rub raspberries through a fine sieve to remove seeds. Heat to boiling point, add sugar and stir until dissolved. Cool, add remaining ingredients, and freeze. Servings, 6.

RASPBERRY AND PINEAPPLE SHERBET

1 tablespoon gelatine
1 cup water
1 cup sugar
1½ cups crushed pineapple
2 cups juice from canned raspberries
½ cup orange juice
2 tablespoons lemon juice
2 egg whites

Soak gelatine in one-quarter cup water. Add rest of water and sugar to pineapple and raspberry juices, and boil ten minutes; then add gelatine, orange, and lemon juices. Cool, add egg whites beaten stiff, and freeze. Servings, 8.

RHUBARB SHERBET

2 pounds rhubarb
2½ cups sugar
2 cups water
2 tablespoons chopped preserved ginger
1 teaspoon granulated gelatine
2 tablespoons lemon juice

Cut rhubarb in small pieces, add sugar, water, and ginger. Cook until soft, add gelatine softened in cold water, and strain. Cool, add lemon juice and freeze. Servings, 4.

HOT DESSERTS

Facts to Remember in Preparing Hot Desserts

Almost any cake served hot with a sauce makes an acceptable dessert.

Steamed pudding may be cooked in molds set in a steamer or placed on a trivet in a kettle of boiling water.

Molds for steamed puddings should be filled not more than two-thirds full. If the batter does not have room to rise completely it will be heavy.

In order to have a light pudding the steaming must continue without interruption; if water must be added to the kettle it should be boiling. The cover of the steamer should fit closely.

A steamed pudding while hot is cut more easily with a string than with a knife.

Steaming in individual molds cuts down the time of cooking and makes serving easier. Ordinary custard cups covered with waxed or greased paper will answer for the purpose.

Biscuit dough forms the basis for an endless variety of fruit shortcakes, rolls, and dumplings.

Pudding with an egg and milk foundation, such as bread pudding, should be baked at a low temperature like a custard.

APPLE CRISP

8 apples (sliced) about one quart
½ cup water
1 teaspoon cinnamon
1 cup sugar
¾ cup flour
7 tablespoons shortening

Butter a baking dish and fill with apples, water, and cinnamon mixed. Work together remaining ingredients with finger tips until crumbly, spread over the apple mixture and bake uncovered in a hot oven. Serve with whipped cream, plain top milk, maple syrup or Lemon Sauce (see page 164). Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

APPLE INJUN

3 cups milk
½ cup corn meal
1 teaspoon cinnamon
1 teaspoon salt
1½ cups brown sugar
1 pint milk (cold)
2 tablespoons butter
1 quart sweet apples

Scald three cups milk, sift in corn meal, stirring rapidly and cook five minutes. Remove from fire, add cinnamon, salt, sugar, cold milk, butter, and apples cut in eighths. Bake in a deep covered dish in a moderate oven.
Time in oven, 4 hours. Temperature, 300°. Servings, 8.

APPLE PUDDING NO. 1

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
2 eggs
1 cup milk
2 cups apples (chopped)

Sift flour, baking powder and salt and add to well beaten eggs, and milk. Chop apples and add. Bake in individual muffin tins in a hot oven.
Time in oven, 30 minutes. Temperature, 400°. Servings, 12.

APPLE PUDDING NO. 2

3 large apples
1 cup sugar
1 tablespoon butter
1 egg
½ cup sweet milk
1¼ cups flour
1 teaspoon baking powder

Pare apples and cut in small pieces. Lay on greased pie-plate and sprinkle with a little of the sugar. Cream butter and add the rest of the sugar, egg, well beaten, milk, and flour sifted with baking powder. Beat thoroughly, pour over the apples and bake in a moderate oven. Serve with sugar and cream. Time in oven, 40 minutes. Temperature, 350°. Servings, 6.

APPLE ROLL NO. 1

1 cup sugar
1 cup water
1 cup flour
2 teaspoons baking powder
2 tablespoons shortening
½ teaspoon salt
Milk or water
2 apples
Sugar and cinnamon

Make syrup of sugar and water. Make biscuit dough of flour, baking powder, shortening and salt, and enough water to mix. Roll one-half inch thick, spread with chopped apple and roll like jelly roll. Cut into pieces one and one-half inches long and place in hot syrup in a deep dish. Put a small piece of butter on top of each and sprinkle with sugar, and cinnamon. Bake in moderate oven until apples are done. Serve with cream.
Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

APPLE ROLL NO. 2

Rich pastry
6 medium apples
¼ cup sugar
2 teaspoons cinnamon
2 tablespoons butter

Roll out pastry one-quarter inch thick. Grate apples and spread over the crust. Sprinkle with sugar, cinnamon, and bits of butter. Roll up and cut in one-inch pieces. Lay in two plates and bake in a moderate oven, basting occasionally with a thin syrup.
Time in oven, 30 minutes. Temperature, 350°. Servings, 8.

APPLE TAPIOCA

½ cup pearl tapioca
2 cups boiling water
¼ teaspoon salt
4 medium-sized apples
½ cup sugar

Soak tapioca in cold water several hours or over-night. Drain, add boiling water and salt, and cook until clear in double boiler. Peel and core apples, arrange in a buttered baking dish, and sprinkle with sugar. Pour over the cooked tapioca and bake until apples are tender. Serve with cream. Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

BAKED BANANAS DE LUXE

6 small bananas
1 tablespoon lemon juice
2 tablespoons sugar
1 cup canned red cherries
3 tablespoons butter

Remove skins from bananas, cut in halves lengthwise, and arrange in a shallow baking dish. Sprinkle with lemon juice and sugar, cover with cherries, and dot over with bits of butter. Bake in a hot oven until bananas are soft, basting occasionally with cherry juice.
Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

ESCALLOPED BANANAS

2 bananas
2 tablespoons lemon juice
½ teaspoon cinnamon
½ cup brown sugar
⅛ teaspoon salt
2 cups stale bread crumbs
½ cup raisins
4 tablespoons water

Slice bananas and sprinkle with lemon juice. Mix cinnamon, sugar, and salt together. Put alternate layers of bread, bananas, sugar mixture and raisins into a buttered pudding dish, and add water. Cover, and bake thirty minutes in a moderate oven; remove cover and brown. Serve with cream, or meringue.
Time in oven, 45 minutes. Temperature, 325°. Servings, 6.

BREAD PUDDING

2 cups stale bread crumbs
1 quart scalded milk
⅓ cup sugar
¼ cup melted butter
1 egg
½ teaspoon salt

Soak bread crumbs in milk, add sugar, butter, egg slightly

beaten, and salt. Flavor to taste and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 325°. Servings, 6.

Variations in Bread Pudding

Melt two squares of chocolate and add to scalded milk.

Caramelize three tablespoons of sugar; dissolve in hot water to make a syrup and add to the scalded milk.

Add spice and raisins.

CARROT PUDDING

½ cup carrot
½ cup potato
1 cup flour
½ cup brown sugar
1 cup raisins
½ cup chopped suet
1 teaspoon soda
⅓ cup chopped nuts
½ teaspoon nutmeg
1 teaspoon cinnamon
½ teaspoon cloves

Put the raw carrots and potato through the food-chopper. Mix with rest of ingredients and steam two hours. Serve with Hard Sauce (see page 163). Servings, 6.

CHERRY SNOWBALLS

⅓ cup butter
¾ cup sugar
2 cups flour
3 teaspoons baking powder
½ cup milk
2 egg whites
1 cup cherries

Cream shortening and add sugar gradually. Mix and sift flour and baking powder, and add to first mixture alternately with milk. Fold in egg whites stiffly beaten, and add cherries which have been drained as dry as possible. Put in individual molds and steam forty minutes. Servings, 6.

STEAMED CHOCOLATE PUDDING

4 squares chocolate
6 tablespoons melted butter
¾ cup sugar
2 eggs
½ cup milk
2 cups flour
4 teaspoons baking powder
½ teaspoon salt

Melt chocolate. Mix butter, sugar, well beaten eggs, and the milk, and add to the chocolate alternately with sifted dry in-

gredients. Steam one hour in a well greased mold. Serve with Foamy Egg Sauce (see page 163). Servings, 6.

CHOCOLATE SOUFFLÉ

2 tablespoons flour
¾ cup milk
2 tablespoons butter
1½ squares chocolate
⅓ cup sugar
2 tablespoons hot water
2 eggs
½ teaspoon vanilla

Make a white sauce of the flour, milk, and butter and add to it the melted chocolate, sugar, and water. Add the beaten egg yolks and cook a few minutes longer. Remove from fire and fold into the beaten egg whites. Add vanilla. Pour into a buttered baking dish and bake until firm in a moderate oven.

Time in oven, 35 minutes. Temperature, 300°. Servings, 4.

COTTAGE PUDDING

¼ cup shortening
⅔ cup sugar
1 egg
1 cup milk
2¼ cups flour
4 teaspoons baking powder
½ teaspoon salt

Cream shortening, add sugar gradually, and egg beaten well. Mix and sift flour, baking powder, and salt. Add alternately with milk to first mixture. Turn into buttered cake pan and bake in a moderate oven. Serve with Vanilla Sauce (see page 165).

Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

CRANBERRY POT PIE

1 quart cranberries
1 quart water
2 cups sugar
1 tablespoon butter
1 cup flour
2 teaspoons baking powder
About ½ cup milk

Cook cranberries in water with sugar until tender. Make dumplings of the other ingredients, and drop by spoonfuls into the boiling cranberries. Cover tightly and cook fifteen minutes. Servings, 6.

CRANBERRY-RAISIN ROLL

Part 1

2 teaspoons baking powder
2 teaspoons sugar
½ teaspoon salt
2 cups flour
2 tablespoons butter
Sweet milk

Part 2

1 cup cranberries
½ cup raisins
½ cup sugar

Mix a dough of ingredients in Part I and roll one-half inch thick. Chop cranberries and raisins, mix with sugar, and spread over dough. Roll up, and lay in a steamer over quickly boiling water and steam one and one-half hours. Serve hot with Lemon Sauce (see page 163). Servings, 6.

DATE BREAD PUDDING

2 cups milk
1 cup broken stale bread
2 egg yolks
¼ cup sugar
½ cup cut dates
1 teaspoon vanilla
¼ teaspoon salt

Cook milk and bread in top of double boiler until bread is soft and light. Mix egg yolks with sugar and combine with other ingredients. Bake as custard in greased baking dish. Serve with cream.
Time in oven, 35 minutes. Temperature, 325°. Servings, 4.

DATE STEAMED PUDDING

1⅜ cups flour
⅜ teaspoon salt
¼ cup sugar
⅝ teaspoon soda
½ teaspoon cinnamon
¼ cup dates, cut in small pieces
¾ cup sour milk
¼ cup molasses
2 tablespoons walnuts, cut in pieces
1 teaspoon vanilla

Mix and sift dry materials. Add dates, milk, and other ingredients. Steam one and one-half to two hours in six greased individual molds. Serve hot with Orange Cream Sauce (see page 164). Servings, 6.

DATE WHIP

½ cup sugar
½ cup chopped dates
½ cup water
1 teaspoon cornstarch
½ cup chopped walnuts
½ teaspoon vanilla
1 tablespoon butter
3 egg whites

Cook sugar, dates, water, and cornstarch three minutes. Add chopped nuts, flavoring, butter, and fold in beaten whites. Pour into a shallow buttered baking dish and bake in a moderate oven. Serve with Custard Sauce (see page 162). Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

ENGLISH PLUM DUFF

¼ pound suet
¼ pound raisins
¼ pound currants
¼ pound citron
¼ pound figs
¼ pound dates
¼ cup lemon and orange peel
¾ pound mixed nuts (shelled)
½ tablespoon mixed spices
2 cups flour
1 teaspoon salt
2 teaspoons baking powder
¼ pound brown sugar
1 egg
1 cup water

Mix suet, fruit, nuts chopped, and let ripen a week. Mix spice, flour, salt, baking powder, and add with sugar, egg, and water, to fruit. Mix thoroughly, then fill round molds half full and steam four hours. Serve with Hard or Lemon Sauce (see pages 163 and 164). Servings, 12.

FRUIT DUMPLINGS

6 apples (medium size)
½ cup sugar and
½ teaspoon cinnamon mixed
1 cup fruit (cherries, peaches or dates)
Pastry
½ cup chopped walnuts
2 tablespoons sugar

Pare and core apples, sprinkle with sugar and cinnamon and fill with fruit. Roll out pastry dough into thin sheets, cut in squares; then wrap an apple in each square. Dip in egg and roll in chopped nuts and sugar. Bake in a moderately hot oven. Serve with cream.
Time in oven, 45 minutes. Temperature, 375°. Servings, 6.

STEAMED FRUIT PUDDING

½ cup milk
½ cup molasses
½ cup suet, or
¼ cup melted shortening
1½ cups flour
½ teaspoon salt
½ teaspoon soda
½ teaspoon cinnamon
½ teaspoon ginger
1 cup raisins
½ cup figs

Add milk and molasses to suet or shortening, and beat in the flour mixed with other dry ingredients, and fruit. Brush inside of mold with melted fat, dust with flour and pour in mixture. Steam three hours. Servings, 8.

GOLDEN PUDDING

1 cup cocoanut
3 cups milk
1½ cups crumbs
½ cup sugar
2 tablespoons lemon juice
2 teaspoons grated lemon rind
2 eggs
2 oranges
¼ cup sugar

Soak cocoanut in milk at least an hour, add crumbs and sugar and cook in double boiler fifteen minutes. Add lemon juice and rind to beaten egg yolks and add to the mixture. Pour into a buttered baking dish and place cut-up oranges, sprinkled with sugar, on top. Cover with the stiffly beaten egg whites sweetened with four tablespoons sugar, and brown in a moderate oven. Serve either hot or cold.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED INDIAN PUDDING

1 quart milk
½ cup corn meal
1 cup molasses
½ cup sugar
½ teaspoon ginger
½ teaspoon salt
⅔ cup chopped suet

Mix milk and corn meal. Cook in double boiler for ten minutes. Add remaining ingredients. Bake in buttered dish. The longer and slower the baking the better the pudding.
Time in oven, 4 hours. Temperature, 300°. Servings, 8.

KRUMMEL TORTE

2 eggs
1 cup sugar
2 teaspoons baking powder
6 tablespoons bread crumbs
1 cup chopped nuts
1 cup chopped dates (or 1½ cups raisins)

Beat the eggs until light, add the sugar, mix the baking-powder with the crumbs and add, stirring in the nuts, dates or raisins last. Mix well together, spread in a shallow, oblong pan and bake in a moderate oven. Cut in squares, and serve either plain or with plain or whipped cream.
Time in oven, 45 minutes. Temperature, 300°. Servings, 4.

STEAMED MARMALADE PUDDING

2 tablespoons shortening
¼ cup sugar
1 egg
6 tablespoons marmalade
1 tablespoon baking powder
1½ cups flour
1 tablespoon milk

Cream shortening and add sugar. Add beaten egg and marmalade. Mix baking powder and flour and add to mixture. Add milk if needed to moisten and steam two and one-half hours. Servings, 4.

MOLASSES STEAMED PUDDING

½ cup shortening
1 cup milk
1 cup molasses
½ cup currants or seedless raisins
½ cup seeded raisins
2½ cups flour
1 teaspoon soda
1 teaspoon nutmeg
½ teaspoon cloves
1 teaspoon salt

Melt shortening, add milk, molasses, and fruit. Beat in dry ingredients mixed and sifted. Pour into a well-greased mold and cook in steamer three hours. Servings, 8.

PEACH DELIGHT

1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
2 tablespoons shortening
½ cup milk
Peach halves

Mix and sift dry ingredients, cut in the fat with a knife or rub in with tips of fingers. Add the milk and mix with a knife to keep the dough very light. In the bottoms of ramekins place halves of peaches, canned or fresh. On each put a tablespoon of the mixture and bake in a moderately hot oven. Serve with cream or milk, if fresh peaches are used. If the peaches are canned, serve with peach syrup.
Time in oven, 15 minutes. Temperature, 360°. Servings, 8.

PEACH ROLL

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
¾ cup peach syrup
Sliced peaches (canned)

Combine first five ingredients as for baking powder biscuit. Roll out three-eighths inch thick and spread with peaches. Roll and bake in a hot oven. Serve garnished with sliced peaches.
Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

PEACH SHORTCAKE (Follow directions for making Strawberry Shortcake)

INDIVIDUAL PEARS AU GRATIN

1 No. 2½ can pears
¾ cup fine bread crumbs
2 tablespoons butter

Sauce

1 tablespoon butter
1 tablespoon flour
Syrup from can of pears
3 tablespoons chopped preserved ginger
3 tablespoons syrup from preserved ginger

Drain syrup from pears. Roll pears in bread crumbs, place on a baking sheet and dot with bits of butter. Bake in hot oven until the crumbs are browned. For the sauce, melt the butter, add flour and syrup from pears and bring to boiling point. Add preserved ginger and syrup.
Time in oven, 10 minutes. Temperature, 400°. Servings, 9.

PINEAPPLE SOUFFLÉ

¼ cup butter
¼ cup flour
1 cup milk
1 cup crushed pineapple
3 eggs
⅓ cup sugar
Pinch nutmeg
¼ teaspoon vanilla

Melt butter, add flour, and blend thoroughly. Add milk gradually, stirring constantly, and bring to boiling point; then add pineapple. Beat egg yolks slightly, mix with sugar and add to the mixture. Cook until thickened, being careful not to let mixture boil. Cool slightly, add flavorings, and fold in egg whites beaten until stiff. Bake in a moderate oven. Serve hot with whipped cream.
Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

PLUM BETTY

1½ cups canned plums (stones removed)
⅜ cup sugar
½ teaspoon cinnamon
1 cup bread crumbs
3 tablespoons butter

Place a layer of plums in a buttered baking dish. Sprinkle with sugar and cinnamon. Cover with layer of crumbs and dot with bits of butter. Repeat until all the ingredients are used, having crumbs on top. Bake in a moderate oven until crumbs are browned. Serve with Hard Sauce (see page 163).
Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

PRINCESS PUDDING

1½ cups crumbs
2 cups milk
¼ cup sugar
¼ teaspoon salt
1 egg yolk
¼ teaspoon vanilla
Jelly
1 stiffly beaten egg white
2 tablespoons sugar

Mix crumbs, milk, sugar and salt, and cook in a double boiler 15 minutes. Add egg yolk and vanilla. Pour into a greased baking dish and cool. Spread with jelly and dot with meringue made with the stiffly beaten egg white and sugar. Put in a moderate oven until a nice brown.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PRUNE AND RICE WHIP

1 cup prunes
1 cup sugar
3 egg whites
½ tablespoon lemon juice (if desired)
¾ cup cooked rice

Wash prunes and soak overnight in enough cold water to cover. Cook slowly in same water until nearly all evaporated. Remove pits, force through coarse strainer, add sugar and cook five minutes (should be of marmalade consistency). Beat egg whites until stiff, add gradually the prune pulp and lemon, if used. Fold in the rice with as few motions as possible. Pile lightly on buttered baking dish and cook in a moderate oven. Serve hot or cold with Custard Sauce (see page 162).
Time in oven, 20 minutes. Temperature, 325°. Servings, 4.

PUFF PUDDINGS

½ cup water
¼ cup shortening
Pinch salt
Grated lemon peel
1 cup flour
2 eggs

Boil water and add shortening, salt, and lemon peel. When boiling add flour all at once and stir over fire until mixture will leave sides of pan. Cool a few moments, then beat in eggs, one at a time, with no previous whipping. Drop mixture by spoonfuls in greased muffin-pans or on oiled paper and bake in a moderate oven. Cut slit in side of each and fill with Strawberry Filling (see page 201).
Time in oven, 30 minutes. Temperature, 325°. Servings, 8.

RASPBERRY SHORTCAKE (Follow directions for making Strawberry Shortcake)

RICE PUDDING

1 cup boiled rice
6 tablespoons sugar
2 egg yolks, beaten
Grated rind of 1 lemon
½ teaspoon salt
1 pint milk

Mix the ingredients in the order given, and bake in a moderate oven until light brown.
Time in oven, 30 minutes. Temperature, 325°. Servings, 4.

SAILOR DUFF

1 egg
2 tablespoons sugar
½ cup molasses
2 tablespoons melted butter
½ teaspoon soda
2 tablespoons water
1½ cups flour
½ cup boiling water

Beat egg and sugar together, add molasses and beat again. Then add the melted butter. When thoroughly mixed combine with the soda dissolved in water. Last, add the flour, boiling water, and steam forty-five minutes. Serve with Yellow Sauce (see page 165). Servings, 4.

ST. JAMES PUDDING

1⅔ cups flour
½ teaspoon soda
¼ teaspoon salt
¼ teaspoon, each, cloves, allspice, nutmeg
½ cup milk
½ cup molasses
3 tablespoons shortening
½ pound dates, or figs

Mix and sift dry ingredients, add milk, molasses, melted shortening, and dates or figs, cut in pieces. Turn into a greased mold and steam two and one-half hours. Serve with Arrowroot Sauce (see page 161). Servings, 4.

SCALLOPED STRAWBERRIES

2 cups strawberries
¾ cup sugar
1½ cups bread cubes
2 tablespoons butter

Wash and hull strawberries and mix with sugar. Put alternate layers of berries and bread into a buttered baking dish, dot with butter and bake in a hot oven. Serve hot with cream. Time in oven, 30 minutes. Temperature, 400°. Servings, 4.

STRAWBERRY SHORTCAKE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
¼ cup butter
¾ cup milk

Mix dry ingredients, cut in butter and add milk gradually. Toss on floured board and divide into two parts. Pat, roll

out, and bake in a hot oven. Spread with butter and place sweetened berries between layers and on top.
Time in oven, 12 minutes. Temperature, 400°. Servings, 6.

STRAWBERRY SOUFFLÉ

1½ tablespoons flour
2½ cups milk
1 tablespoon butter
2 egg yolks
2 egg whites (stiffly beaten)

Mix flour with enough cold milk to make smooth paste, and stir into the remaining milk which has been scalded. Cook one minute, then add butter, egg yolks, and beat well. Fold in egg whites and fill greased custard cups. Stand cups in a pan of boiling water and bake in a moderate oven. Serve hot with the sauce.
Time in oven, 25 minutes. Temperature, 325°. Servings, 4.

Sauce

2 cups berries
¼ cup sugar
1 tablespoon cornstarch

Cook together until thickened.

SWISS APPLE PUDDING

1½ cups bread crumbs
3 cups chopped apples
2 tablespoons chopped suet
½ cup sugar
1¼ cups milk

In a greased baking dish put a layer of bread crumbs and one of apples. Sprinkle with chopped suet and sugar. Repeat until dish is full. Add milk and cover with crumbs. Bake in a moderate oven. Serve hot with cream and sugar.
Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

DESSERT SAUCES

ARROWROOT SAUCE

1 tablespoon arrowroot
½ cup sugar
1 cup water
3 tablespoons lemon juice
Grated nutmeg
Salt

Mix arrowroot and sugar, add cold water and stir over the fire until it thickens. Add lemon juice, nutmeg and salt.

BUTTERSCOTCH SAUCE NO. 1

1½ cups brown sugar
¼ cup water
4 tablespoons butter
½ tablespoon lemon juice
½ cup chopped walnut meats

Boil sugar, water and butter together nearly to soft ball stage. Add lemon juice. Add walnut meats just before serving.

BUTTERSCOTCH SAUCE NO. 2

1 pound brown sugar
½ cup corn syrup (white or maple flavor)
1 cup water
⅓ cup butter

Mix all the ingredients, put over the fire and stir until sugar is dissolved. Boil until a little of the syrup dropped in cold water forms a very soft ball.

CHOCOLATE SAUCE

½ tablespoon flour
1 cup sugar
½ cup milk or water
1 square chocolate
2 tablespoons butter
1 teaspoon vanilla
Pinch salt

Mix flour with sugar and milk, add grated chocolate and cook, stirring constantly, until slightly thickened and smooth.

Remove from fire, add butter and beat with egg-beater until butter is melted, and mixture slightly cooled. Add flavoring and salt and keep hot over hot water until needed for use. This sauce may be used cold if desired.

HOT CHOCOLATE SAUCE

½ cup sugar
½ cup water
4 squares unsweetened chocolate
½ cup rich milk
½ teaspoon vanilla

Let the sugar and water boil together for five minutes. After this syrup has cooled a little, stir in gradually the chocolate which has been melted over hot water. Place in a double boiler until ready to serve. Just before using, add the rich milk and flavoring.

CUSTARD SAUCE NO. 1

3 egg yolks
2 tablespoons sugar
Pinch salt
1½ cups hot milk
½ teaspoon vanilla

Beat egg yolks slightly, add sugar and salt. Pour on hot milk and cook in double boiler stirring constantly, until thickened. Cool and add vanilla.

CUSTARD SAUCE NO. 2

¼ cup sugar
1 tablespoon cornstarch
1 egg yolk
1 whole egg (slightly beaten)
2 cups milk
Salt
½ teaspoon vanilla

Mix sugar, cornstarch and egg, and pour on this the hot milk. Cook in double boiler until thick. Cool and add salt and vanilla.

Note: If custard sauce curdles beat it with a rotary egg-beater. To prevent a film from forming over the top before the custard is served cover it with a cloth or a perforated tin.

FOAMY EGG SAUCE

1 egg white
½ cup powdered sugar
½ teaspoon vanilla
1 egg yolk
½ cup whipped cream or
1½ tablespoons milk

Beat egg white until stiff. Beat in gradually the powdered sugar and when smooth and light add vanilla and well beaten yolk. Then stir in cream or milk. Serve at once.

HARD SAUCE

⅓ cup butter
1 cup powdered sugar
⅓ teaspoon lemon extract
⅔ teaspoon vanilla

Cream butter, add sugar gradually, and then the flavoring.

DATE HARD SAUCE

2 tablespoons butter
1½ cups confectioners' sugar
⅓ cup cream
½ teaspoon vanilla
½ cup chopped dates
Pinch salt

Cream butter and beat in sugar gradually, adding cream as mixture gets stiff. Add vanilla, dates, and pinch of salt, and if too stiff add more cream. Serve as a filling, frosting, or sauce.

DATE WALNUT SAUCE

1 cup sugar
1 teaspoon cornstarch
1 cup water
1 cup dates, cut in small pieces
2 tablespoons lime juice
¼ cup walnut meats, chopped

Mix sugar and cornstarch, add water, and boil five minutes. Add dates and cook two minutes more. Cool and add lime juice and nuts. If preferred nuts may be sprinkled over each dish of ice cream after it has been covered with the sauce.

LEMON SAUCE NO. 1

½ cup sugar
1 tablespoon cornstarch
1 cup boiling water
Salt
2 tablespoons butter
1½ tablespoons lemon juice
Nutmeg

Mix the sugar with the cornstarch, add the boiling water and a few grains of salt and boil until thick and clear. Beat in the butter, the lemon juice, and a little nutmeg. A bit of grated lemon rind may be added. Serve hot.

LEMON SAUCE NO. 2

2 tablespoons flour
4 tablespoons sugar
Pinch salt
1 cup water
1 teaspoon lemon extract

Stir flour, sugar, and salt together, add the water and cook, stirring constantly, until the mixture thickens slightly. Remove and add lemon extract. Serve hot.

MAPLE CREAM SAUCE

A few grains salt
1 egg white
½ cup maple sugar
1 tablespoon white corn syrup
2 tablespoons water
⅛ cup thick cream

Add salt to egg white and beat very stiff. Boil sugar, corn syrup, and water to soft-ball stage. Pour over stiffly beaten white of egg, stirring constantly. Cool and fold in whipped cream.

ORANGE CREAM SAUCE

¼ cup orange juice
1 teaspoon lemon juice
1 cup confectioners' sugar
½ cup heavy cream

Mix all ingredients and beat well. Let stand in a cool place at least an hour before serving. Serve on cottage pudding or a simple steamed pudding.

PEANUT CREAM SAUCE

½ pound peanut brittle
½ pint cream

Put peanut brittle through the food-chopper, then fold into it the cream which has been beaten stiff. Chill thoroughly, and serve with plain cake for dessert. This sauce may be used in place of whipped cream.

SUNSHINE SAUCE

2 egg yolks
1 cup powdered sugar
1 teaspoon vanilla
½ pint whipped cream

Beat the egg yolks, sugar and vanilla together and add the cream just before serving.

VANILLA SAUCE

½ cup sugar
1 tablespoon cornstarch
1 cup boiling water
2 tablespoons butter
1 teaspoon vanilla

Mix sugar and cornstarch, add water gradually, stirring constantly, and boil five minutes. Remove from fire, add butter and vanilla.

YELLOW SAUCE

1 cup milk
2 egg yolks
¼ cup sugar
½ teaspoon vanilla extract
½ teaspoon lemon extract

Heat milk, pour on to egg yolks beaten with sugar, and cook in double boiler until thick. Cool and add extracts.

EGG AND CHEESE DISHES

Facts to Remember When Planning Egg and Cheese Dishes

Both eggs and cheese have an important place in the dietary, because they are rich in tissue-building material and contain valuable minerals and vitamines. In menu-making it should be remembered that eggs and cheese as sources of protein are substitutes for meat.

Eggs are one of the most easily digested foods that we have. Cheese is a very concentrated food, but if used in combination with other foods or by itself in moderate quantities, it is not likely to overtax the normal digestion.

Eggs and cheese, like all protein foods, should be cooked at a low temperature. If subjected to too much heat, the protein coagulates into a tough leathery mass that is neither appetizing nor easily digested. Over-cooking of egg and cheese mixtures causes the curdling which is so objectionable.

EGGS WITH ASPARAGUS

3 eggs
½ cup milk
Salt, pepper
1 bunch or can of asparagus
Toast

Combine the eggs, milk, and seasonings. Scramble, and add the asparagus tips, cut in inch lengths. Serve immediately on pieces of toast. Servings, 6.

EGGS BAKED IN WHOLE TOMATOES

3 tomatoes
3 eggs
Salt and pepper
3 tablespoons buttered crumbs
3 slices bacon

Scoop out centres of large ripe tomatoes. Break one egg carefully into each tomato, sprinkle with salt and pepper, cover with bread crumbs, and lay slice of bacon on each. Bake in a moderate oven. Turn bacon once during the cooking.

Place under broiler for one minute to crisp and brown the bacon.
Time in oven, 30 minutes. Temperature, 325°. Servings, 3.

EGG CREAM TOAST

3 tablespoons butter
3 tablespoons flour
2 cups skimmed milk
2 eggs
6 slices toast

Melt butter and stir in flour, add milk and cook ten minutes. Add unbeaten eggs and stir well, season and serve on toast. Servings, 6.

EGGS WITH MUSHROOMS

4 mushroom caps
2 tablespoons butter
3 eggs
Salt, pepper
½ cup milk or cream
Toast
Parsley

Wash, dry, and chop mushrooms. Melt butter in frying-pan, add mushrooms and cook four minutes. Add beaten eggs, seasonings, and milk. Stir until well set, pile on buttered toast and garnish with parsley. Servings, 4.

EGGS PLANKED

6 cups mashed potato
6 eggs
Salt and pepper
Parsley
12 radishes

Divide four cups of the hot seasoned mashed potato into six portions, and line individual shallow baking dishes with it. Garnish edges with the rest of the potato, using pastry bag and tube. Put an egg in each nest, sprinkle with salt and pepper, and bake in a moderate oven. Garnish with parsley and radishes.
Time in oven, 15 minutes. Temperature, 350°. Servings, 6.

EGGS, SOUTHERN STYLE

6 eggs
2 onions
4 tablespoons flour
2 tablespoons butter
2 cups milk
Salt and pepper

Cook eggs until hard, then drop into cold water, remove shells and cut in halves. Boil onions until soft, chop fine, add flour and butter, mix to a paste and add to hot milk. Season with salt and pepper. Cook until thick. Lay eggs in sauce, and heat through. Serve hot. Servings, 6.

STUFFED EGGS

6 hard cooked eggs
3 tablespoons cooked sausage meat or
3 tablespoons sardines in mustard dressing or
3 tablespoons sour pickles, chopped or
2 tablespoons tomato catsup

Cut cold eggs in halves lengthwise. Mash yolks with a fork and mix with any of the suggested combinations. Add a little salt and pepper if needed. Fill the halves and garnish with lettuce. Servings, 6.

EGG TIMBALES

2 small slices onion
1 sprig parsley
2 cups milk
¼ teaspoon salt
2 eggs

Cook onion and parsley in the milk ten minutes. Add salt, strain and cool until lukewarm. Beat eggs slightly and add the milk mixture. Pour into timbale molds or custard cups. Set in a pan of hot water and bake in a moderate oven until firm. Remove from the water and let stand a few moments before unmolding. Turn out on to a warm platter; surround with hot Tomato Sauce or White Sauce (see pages 239, 240). Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

OMELET

PLAIN OMELET

1 tablespoon butter
4 eggs
3 tablespoons water
½ teaspoon salt
Speck pepper

Melt the butter in the pan in which the omelet is to be cooked. Be very careful that the butter does not burn. Separate the eggs. Beat the yolks with water and seasoning. Beat whites until dry and fold into the yolks. Pour the mixture into the pan and cook very slowly on stove five minutes. Then finish cooking in a slow oven. Fold when ready to serve.
Time in oven, 25 minutes. Temperature, 275°. Servings, 4.

Variations on the Rule for Plain Omelet

TOMATO OMELET

Just before putting into the frying-pan, stir a ripe tomato cut into small dice into the plain mixture; season highly.

PARSLEY OMELET

Chopped parsley may be added either to the Tomato Omelet or the Plain Omelet.

OYSTER OMELET

Chop half a dozen cooked oysters into small pieces and add them to the plain mixture.

ORANGE OMELET

For orange omelet, add a bit of the grated peel, the juice of one-half a small orange, and two tablespoons of powdered sugar to the mixture. Sift powdered sugar over before serving.

JELLY OMELET

This may consist of a plain omelet sweetened a little, and a few spoonfuls of any kind of jelly, jam, or marmalade laid on

it before folding over. A few strawberries, mashed or sweetened, makes a delicious variation of the sweet omelet.

Savory Suggestions

A little minced ham, added just before folding an omelet over, is a common variation, but minced bacon or sausage is almost as good. A few spoonfuls of hashed brown potato, also added before folding, is another variation.

CORN OMELET

3 eggs
½ cup milk
2 teaspoons salt
¼ teaspoon pepper
2 cups corn
¼ cup flour
2 tablespoons cooking fat

Beat egg yolks until light, add milk, salt, pepper, corn, and flour. Fold in whites, which have been beaten until stiff and dry. Melt bacon or other fat in frying-pan, turn in the omelet mixture, cook slowly on top of stove until brown underneath, then put in oven to finish cooking. Be careful to cook slowly and not to cook too long. Fold and serve on a hot platter at once. Garnish with bacon.
Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

CREAM OMELET

½ cup heavy cream
8 egg yolks
¼ teaspoon salt
¼ teaspoon paprika

Beat cream until stiff, add egg yolks and beat until well blended. Add salt. Melt butter in omelet-pan and turn in egg mixture. Cook slowly until brown on bottom, and place in a moderate oven until firm. Sprinkle with paprika.
Time in oven, 15 minutes. Temperature, 325°. Servings, 4.

PEACH OMELET

5 eggs
5 tablespoons syrup from canned peaches
Pinch salt
2 tablespoons butter
2 cups sliced canned peaches
Powdered sugar

Beat eggs slightly, add peach syrup and salt. Melt butter in a frying-pan and turn in egg mixture. Cook at a low temperature until browned underneath — about ten minutes, lifting occasionally to let the top part run under. Spread with sliced peaches. Fold and sprinkle with powdered sugar. Servings, 6.

RICE OMELET

3 egg yolks
2 cups cold boiled rice
3 tablespoons water
1 tablespoon sugar
Grating of nutmeg
3 egg whites

Beat the egg yolks until lemon-colored, add the rice and water and mix thoroughly, add sugar, nutmeg, and lastly the stiffly beaten egg whites. Turn into a hot greased omelet-pan and cook like a plain omelet. When done, fold and serve on a platter garnished with little squares of jelly. Servings, 4.

SUNRISE OMELET

2 cans vegetable-beef soup
6 eggs
¼ teaspoon salt
1 tablespoon butter

Heat soup and strain off liquid. Separate eggs, beat yolks well, add one-half cup liquid from soup, and the salt. Beat egg whites until stiff, and fold into yolks. Heat frying-pan, melt butter in it, turn in egg mixture and cook slowly until it begins to brown on bottom. Put in a moderate oven until firm on top. Spread vegetables from soup over the omelet, fold and turn on to a hot platter.
Time in oven, 10 minutes. Temperature, 325°. Servings, 6.

CHEESE

CHEESE BLANC-MANGE

2 tablespoons cornstarch
1 cup milk
½ cup grated American cheese
½ teaspoon salt
½ teaspoon Worcestershire sauce

Wet the cornstarch and stir smooth with a little milk. Add the remainder of the milk, and cook until it begins to thicken,

stirring constantly. Add the cheese, salt, and Worcestershire sauce, stirring constantly until the cheese is well melted and the blanc-mange thick enough to mold. Have ready four small molds wet with cold water and pour in the mixture. When cold serve on lettuce with mayonnaise and a dash of paprika. Servings, 4.

CHEESE CHARLOTTE

1 tablespoon gelatine
½ cup cream
1 ounce cream cheese
1 tablespoon Roquefort cheese
Salt, cayenne
Parmesan cheese

Soften gelatine with one tablespoon water and dissolve over hot water. Add cream, cream cheese, Roquefort cheese, and seasonings, and stir until well mixed. Wet a mold and sprinkle with Parmesan cheese, pour in the cheese mixture and chill. Serve on lettuce with pineapple and mayonnaise, or as a salad accompaniment or a sandwich filling.

CHEESE FONDUE

1⅓ cups soft stale bread crumbs
1⅓ cups hot milk
1⅓ cups grated cheese or 1 cup cheese cut in small pieces
½ teaspoon salt
1 tablespoon butter
4 eggs

Mix bread crumbs, milk, cheese, salt, and butter. Add egg yolks thoroughly beaten. Fold in whites of eggs beaten until stiff. Pour into a greased baking dish and bake in a moderate oven until firm.
Time in oven, 45 minutes. Temperature, 325°. Servings, 4.

CHEESE NIPS

½ pound cheese
1 egg
¼ cup milk
Salt and pepper
6 slices toast
6 slices bacon

Put cheese through food chopper, add egg, milk, and salt and pepper to taste. Spread thick slices of toast with cheese

mixture and lay a piece of bacon on each. Toast under broiler, turning bacon once. Serve very hot. Servings, 6.

CHEESE SOUFFLÉ

¾ cup milk
3 tablespoons butter
3 tablespoons flour
1 cup grated cheese
3 eggs

Scald the milk and add to butter and flour which have been combined to a smooth paste. Add cheese, and when melted add slightly beaten egg yolks and fold into stiffly beaten egg whites. Pour into greased baking dish and bake in moderate oven.
Time in oven, 45 minutes. Temperature, 300°. Servings, 4.

CORINTHIAN CHEESE BALLS

Roll fresh, well-seasoned Dutch (cottage) cheese into balls, one or one-half inch in diameter. Then stud well with dried currants, and serve with salad.

CORN MEAL GNOCCHI

2 cups white corn meal
1 quart boiling water
Salt
Pepper
Nutmeg
2 egg yolks
Grated cheese
Melted butter

Cook first five ingredients together for twenty minutes. Beat in egg yolks. Spread one-half inch thick on a moistened pan. When cold cut in two-inch cubes, and place in a buttered dish. Sprinkle with cheese and melted butter, and bake until brown in a moderately hot oven.
Time in oven, 10 minutes. Temperature, 375°. Servings, 10.

CORN MEAL SOUFFLÉ

2 cups milk
⅓ cup corn meal
3 tablespoons butter
¼ cup grated cheese
Salt
Pepper
2 eggs

Scald milk, stir in corn meal gradually, and cook twenty minutes in a double boiler. Add butter, grated cheese, and salt and pepper to taste. Separate eggs, beat yolks until light and whites until stiff. Add yolks to first mixture and blend thoroughly. Fold in whites. Bake in greased baking dish in a moderate oven.

Time in oven, 45 minutes. Temperature, 325°. Servings, 6.

OAKLAND SCALLOP

6 slices stale bread, or
3 cups bread crumbs
½ pound cheese, sliced thin
¼ teaspoon salt
⅛ teaspoon pepper
2 cups milk
2 eggs

Lay thin slices of stale bread or crumbs, lightly buttered, alternately with layers of cheese in a baking dish, seasoning with salt and pepper. Cover the mixture with milk into which eggs well beaten have been mixed. Bake in a moderate oven.

Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

CELERY RAREBIT

2 tablespoons butter
2 tablespoons flour
1½ cups milk
Salt, pepper
Paprika
1 cup cheese
1 whole egg
1 egg yolk
1 cup diced celery

Make white sauce of first five ingredients, and when thoroughly cooked add cheese and beaten eggs. Stir well until blended. Add celery. Serve on crackers or toast. Servings, 6.

MEXICAN RAREBIT

1 small green pepper
2 tablespoons butter
1 can corn
⅓ pound cheese
⅛ teaspoon salt
½ cup tomato
2 eggs

Wash pepper, remove seeds, and chop or cut in small pieces. Cook slowly in butter until softened. Heat pepper, corn,

cheese, salt, and tomato together in double boiler, or saucepan until cheese melts. Beat eggs, add to hot mixture, stirring constantly, and return to fire until mixture is hot and thickened. Serve on crisp crackers. Servings, 6.

MOCK RAREBIT

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ pound grated American cheese
½ teaspoon salt
Dash of cayenne
½ teaspoon Worcestershire sauce, or
1 teaspoon grated horseradish
Yolks of 2 eggs

Rub the butter and flour together. Add the milk and stir until boiling. Remove and stir in the cheese. Reheat, beating constantly, and add the salt, cayenne, and Worcestershire sauce or horseradish. Stir in beaten yolks of eggs and pour over crisp brown toast. Each piece may be capped with a poached egg dusted with salt and pepper. Servings, 4.

SAVORY RAREBIT

2 tablespoons green pepper, finely chopped
1 tablespoon onion, finely chopped
1 tablespoon butter
1 cup canned tomato soup
1½ cups soft cheese
½ teaspoon salt
Few grains cayenne
1 egg

Cook pepper and onion in butter three minutes. Add soup and simmer five minutes. Then add cheese, cut in small pieces, and seasonings, stirring constantly until cheese is melted. Add egg slightly beaten and cook until thickened. Serve on soda crackers or toasted whole wheat bread. Servings, 4.

WAVERLEY RAREBIT

1 small onion
2 tablespoons cooking oil
2 tablespoons flour
1 cup milk
¾ cup cheese
1 egg
1 cup boiled rice
½ cup chopped peanuts
½ teaspoon salt
⅛ teaspoon celery salt
1 teaspoon chives
Speck pepper

Sauté sliced onion in oil until slightly yellowed, and add flour and blend well. Add milk and cheese, and cook until mixture is smooth and cheese is melted. Add unbeaten egg to hot mixture and beat well. Add rice, peanuts, and seasonings. Serve hot at once on crisp crackers or squares of toast. Servings, 4.

WELSH RAREBIT

1 tablespoon butter
½ pound soft cheese
¼ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
⅛ cup rich milk
1 egg

Melt butter, add cheese cut in small pieces, and seasonings. As cheese melts add milk gradually, stirring constantly. Add egg slightly beaten and cook one minute. Serve on toast or crackers. Servings, 4.

RED BUNNY

2 tablespoons butter
2 tablespoons flour
½ cup thin cream
1 cup tomato soup (canned)
⅛ teaspoon soda
2 cups finely cut cheese
2 eggs
Salt
¼ teaspoon mustard
Speck cayenne

Melt butter, add flour, and stir well. Gradually add the cream and cook until the mixture thickens. Add tomato soup which has the soda mixed with it; then cheese, eggs slightly beaten, and seasonings. Serve on toast or toasted crackers. Servings, 6.

RINKTUM DIDDY

1 small onion
1 tablespoon butter
1 quart can tomatoes, strained
1 pound cheese (cut fine)
Worcestershire sauce
Paprika
Tabasco sauce
Salt
2 eggs
Saltines

Chop onion, cook in butter, and add tomatoes. Bring to boil and add cheese. Stir until it melts, then add seasonings to taste and beaten eggs. Serve on saltines. Servings, 8.

FISH

Facts to Remember about Fish Cookery

Fish is important in the dietary as a source of protein. The housekeeper values it, too, because of the variety it lends to her menus.

From a dietary point of view there are two classes of fish — lean or dry-meated fish like haddock, cod and halibut, and fat fish such as mackerel, salmon, shad and blue fish.

In purchasing fish one of the most important points to consider is its freshness. When fresh the flesh is firm and elastic so that it springs back when pressed with the finger. The eyes are bright and clear and the gills bright red in color. It is not strong in odor.

Fish is usually cleaned and dressed at the market and need only be wiped with a damp cloth to remove any loose scales and clotted blood. Sometimes, however, it reaches the kitchen in its natural condition.

The first step in dressing fish is to remove the scales. This is done by scraping with a dull knife, beginning at the tail and working toward the head. The entrails are then removed by slitting the underside of the fish with a sharp knife from the head nearly to the tail and drawing them out with the fingers. The head and tail may be removed or left on as preferred. Large fish usually have the head and tail removed, except sometimes when they are to be baked. Small fish are often cooked with the head and tail on.

To skin a fish remove the fins and a strip of skin the length of the back bone. Loosen the skin on one side at the bony part and draw it off, separating from the flesh with a knife when necessary.

To bone a fish run a sharp knife close to the backbone and ribs, beginning at the tail. Remove all the flesh from one side in a single piece. Small bones that remain may be picked out with the fingers.

A fillet of fish is a small piece with skin and bone removed. Large fish like halibut are cut into slices crosswise and the slices divided into smaller pieces. Small fish are boned and cut in pieces of the desired size.

Fish may be boiled, steamed, baked, broiled, fried or sautéd. The method of cooking to be chosen depends upon the nature of the fish.

Boiling. — Small cod or haddock and thick slices of larger fish like salmon and halibut may be boiled or steamed to good advantage. Water in which fish is boiled should be salted and have a little lemon juice or vinegar added to it to keep the flesh light in color. Steaming has the advantage of retaining all the nutriment and flavor, but it is more difficult to cook seasoning into the fish. It is wise to tie fish in a piece of cheesecloth for boiling or steaming so that it can be handled without breaking.

Baking. — For baking, whole fish of medium size are most often used. A stuffing adds flavor, and a few slices of bacon or salt pork spread over the fish while it is cooking supply fat. Small fish and slices of large fish are sometimes cooked in a hot oven instead of being broiled.

Broiling. — Small and medium-sized fish like mackerel, bluefish and haddock are prepared for broiling by splitting down the back. Slices of halibut, sword fish and salmon may also be broiled. The fish should be wiped as dry as possible, sprinkled with salt and pepper and placed on a well-greased broiler. Whether the skin or flesh side of a whole fish should be broiled first is a debatable point. Broiling the flesh side first prevents the escape of juices, but if the skin side is done first the fish is easier to handle. It is difficult to turn fish during the broiling in the ordinary broiling oven. For this reason it is best to cook one side thoroughly before turning.

Frying or Sautéing. Fish of any kind is often fried or sautéd, although in a dietary sense the lean fish are better adapted to this method of preparation. Small fish are fried whole and larger ones made into fillets. Fish should be wiped dry, seasoned with salt and pepper, rolled in flour or crumbs, beaten eggs, and crumbs again, and fried in deep fat until browned. For sautéing, fish is rolled in flour or corn meal. Salt pork is a particularly good fat to use.

There are various kinds of sauces suitable for serving with fish, but acid sauces are best used with fish richest in fat, while lean fish prepared without the addition of fat call for rich sauces. Lemon may be used as a garnish for fish, and served with it.

Many varieties of fish may be purchased in cans, and others are preserved by salting or smoking, so that fish is always available, even far inland.

Shell fish are important for their unique and delicate flavors. The distinctive dishes of which they are the basis solve many a menu problem.

BAKED ROCK COD, STUFFED

1 tablespoon onion
¼ cup celery
2 tablespoons green pepper
½ cup bread crumbs
½ pound can crabmeat
1 teaspoon salt
Pepper
1 egg
3 pounds cod or haddock

Chop first five ingredients together for stuffing, and add salt, pepper, and the egg. Stuff fish, lay on well-greased pan and bake in moderate oven. Serve with Brown Butter Sauce (see page 235).

Time in oven, 1 hour. Temperature, 350°. Servings, 6.

CODFISH BALLS WITH BEETS

1 cup salt codfish
1½ cups mashed potato
1 cup mashed beets
2 tablespoons butter
⅛ teaspoon pepper
1 egg
2 teaspoons parsley

Pick the codfish into bits if the shredded variety is not used, and simmer it thirty minutes, changing the water twice. Drain thoroughly, combine with other ingredients and beat well. Shape into cakes, dip in flour and sauté in hot fat. Serve with horseradish. Servings, 6.

CODFISH CAKES

1 cup salt codfish
2½ cups potato
1 egg
1 tablespoon butter
⅛ teaspoon pepper

Wash fish and pick in very small pieces. Wash and pare potatoes, and cook fish and potatoes in boiling water until potatoes are soft. Drain, mash thoroughly, add egg well beaten, butter, and pepper. Beat, add salt if necessary. Take up by spoonfuls and fry in deep fat. Drain on brown paper. Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPANISH CODFISH

½ pound codfish
½ onion
2 tablespoons butter
2 tablespoons green pepper
4 tablespoons flour
2 cups milk
Salt, pepper
2 tablespoons Chili sauce

Freshen codfish and shred. Sauté onion in butter or drippings, add green pepper, and cook two minutes longer. Add flour and blend well. Then add milk and cook until thick. Season and add Chili sauce and codfish. Reheat and serve very hot. Servings, 6.

CREAMED FINNAN HADDIE

¼ cup cut green pepper
3 tablespoons butter
3 tablespoons flour
1½ cups milk
2 cups cooked finnan haddie
Salt and pepper to taste

Wash pepper, remove seeds and white portion, cut in small pieces, and cook one minute in butter. Add flour, stir until smooth, add milk gradually, and cook until thickened. Remove skin and bones from finnan haddie, and separate into flakes or cut in small pieces. Add to sauce, season to taste, and serve. Servings, 4.

FINNAN HADDIE WITH GLOUCESTER POTATOES

6 potatoes
2 cups finnan haddie (cooked)
2 tablespoons butter
1 teaspoon salt
Milk

Bake potatoes. While hot cut a slice from the top of each and remove inside. Put through ricer, add finnan haddie, butter, salt, and enough milk to make of the consistency of mashed potato. Beat until light and refill shells with the mixture. Put a bit of butter on the top of each, sprinkle with paprika, and heat thoroughly in the oven. Servings, 6.

BAKED FILLETS OF HALIBUT

8 fillets of halibut
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon sugar
8 slices onion
8 teaspoons catsup
8 slices lemon
4 teaspoons butter
Cold water

Wash fillets and dry thoroughly. Place in a well-greased baking pan and sprinkle with the salt, pepper, and sugar. Divide the other seasonings equally among the fillets. Pour cold water into the pan to come half-way to the top of the fillets. Bake, basting frequently with the liquor in the pan, adding more hot water if needed. Do not let the water boil entirely out although most of it should evaporate. Remove fillets to a hot platter and pour remaining liquor in pan over them. Garnish with parsley. Any filleted white fish may be cooked in this way.

Time in oven, 30 minutes. Temperature, 425°. Servings, 8.

HALIBUT IN SCALLOP SHELLS

2 tablespoons butter
2 tablespoons flour
1 cup milk
1½ cups cooked halibut
Onion slices
Mashed potato

Make a white sauce of the butter, flour and milk. Season to taste and add halibut flaked. Put a slice of onion in each scallop shell and cover with halibut mixture. Decorate with potato put through pastry tube, and heat thoroughly. Servings, 6.

PLANKED HALIBUT WITH BACON

1½ pound slice of halibut
6 slices bacon
Mashed potato

Lay the slice of halibut in a baking pan and cover with slices of bacon. Bake until bacon is done on one side and fish partly done. Remove fish to a heated plank, turn pieces of bacon and garnish with a border of mashed potatoes. Return to oven or brown under the boiler. Garnish with slices of lemon, bits of parsley, tomato and cucumber. Serve at once. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SALMON CUTLETS

1 cup salmon
1½ cups mashed potato
1 egg
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon grated onion

Flake salmon and add all other ingredients. Form into cutlets, roll first in crumbs, then in egg slightly beaten with one tablespoon of water added, then again in crumbs. Fry in deep fat and serve with Creamed Pea Sauce (see page 238). Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 4.

SALMON LOAF

1 can salmon (large)
4 tablespoons melted butter
1 cup fine bread crumbs
4 eggs
1 teaspoon mustard (prepared)
1 teaspoon salt
½ teaspoon pepper
2 teaspoons chopped parsley
1 cup boiled vermicelli

Chop salmon, add butter, bread crumbs, eggs and seasonings. Mix, pour into greased mold and steam one hour. Turn out on platter, garnish with vermicelli and serve with White Sauce (see page 240). Servings, 6.

MOLDED SALMON

1 No. 1 can salmon
1 tablespoon gelatine
2 tablespoons cold water
¾ cup milk
1 teaspoon salt
2 teaspoons sugar
½ tablespoon flour
1 teaspoon mustard
Few grains cayenne
2 egg yolks
1½ tablespoons melted butter
¼ cup vinegar

Remove salmon from can. Rinse well with warm water to remove oil, and separate into flakes. Soak gelatine in cold water. Make a boiled dressing, by heating milk in double boiler and adding salt, sugar, flour, mustard, and cayenne mixed. To these add egg yolks, slightly beaten, and melted butter. Pour over mixture a little of the scalded milk, then pour back into double boiler and cook until thick, stirring constantly. When thick add vinegar and soaked gelatine. Strain and add to salmon. When mixture begins to set, mold and chill. Serve with Cucumber Sauce (see page 236). Servings, 4.

SALMON PIE

1 No. 1 can salmon
1 cup macaroni
4 eggs
Pastry
1½ cups drawn butter sauce

Remove skin and bones from salmon, cook macaroni, and chop eggs which have been hard cooked. Line baking dish with pastry, put in layers of salmon, macaroni, egg, and add sauce. Cover with crust and bake in a moderately hot oven. Time in oven, 20 minutes. Temperature, 375°. Servings, 4.

SALMON AND POTATO SCALLOP

2 tablespoons flour
2 tablespoons butter
1 cup milk
1 cup flaked salmon
½ cup boiled onions
1 quart mashed potato
2 eggs
½ cup milk
¼ teaspoon salt
Pepper

Make paste of flour and butter, add milk and cook until thick. Then add salmon and onion. Line a baking dish with mashed potato, fill with creamed salmon. Beat eggs, add milk,

salt and pepper, and pour over potato and salmon. Bake in a moderately hot oven.
Time in oven, 20 minutes. Temperature, 375°. Servings, 6.

SCALLOPED SALMON

2 cups salmon
1 cup bread crumbs
Salt, pepper
2 tablespoons butter
1 Bermuda onion
1½ cups white sauce (medium)
2 eggs

Into a buttered baking dish put alternate layers of flaked, canned salmon, crumbs, and seasonings. Dot butter over the top layer, which should be of crumbs.

If the dish is a glass one, put slices of the onion down on the sides at regular intervals for garnish. If not, slice and put in with the crumbs and salmon. Over all pour the white sauce and bake in a moderately hot oven. Garnish with sliced, hard-cooked eggs.
Time in oven, 20 minutes. Temperature, 375°. Servings, 4.

ROYAL SCALLOPED SALMON

1 No. 1 can salmon
2 hard boiled eggs
1 cup bread crumbs
1 cup white sauce
½ cup stuffed olives
4 tablespoons buttered crumbs
1 teaspoon salt
Pepper

Put a layer of salmon in buttered individual dishes. Then a layer of chopped eggs, a layer of crumbs, white sauce, chopped olives, and a layer of buttered crumbs. Season each layer. Bake in a moderately hot oven, and serve hot.
Time in oven, 15 minutes. Temperature, 375°. Servings, 5.

SMOKED SALMON EN CASSEROLE

¾ pound smoked salmon
2 cups diced potatoes
½ cup sliced onion
2 cups peas
1 teaspoon butter
2 tablespoons flour
½ cup hot milk

Cut salmon in half-inch pieces. Cover bottom of casserole with onions and potatoes, add fish and peas, pour hot water over this and bake forty-five minutes in a moderate oven.

Make a white sauce of butter, flour, and milk, and add to casserole. Cook fifteen minutes longer, stirring if necessary. If too salty, pour boiling water over fish and rinse with cold water before using.

Total time in oven, 1 hour. Temperature, 325°. Servings, 4.

TUNA FISH LOAF

1 pound can tuna
2 eggs or whites of 4
½ cup water
¼ teaspoon celery salt
1 cup bread crumbs
1 teaspoon baking powder
1 teaspoon salt
½ lemon (juice)
Speck cayenne

Mix all ingredients together well. Pack in bread tin and bake in a moderate oven. Turn out on a platter and serve with white sauce to which chopped parsley has been added. Time in oven, 45 minutes. Temperature, 300°. Servings, 6.

TUNA NEWBERG

1 tablespoon butter
1 tablespoon flour
1¼ cups thin cream
1½ tablespoons chopped green pepper
1½ tablespoons chopped pimiento
1 tablespoon grated onion
2 cups tuna fish
1 egg

Melt butter, add flour, and the cream gradually and bring to boiling point. Add pepper, pimiento, onion, and tuna fish. Add the egg, slightly beaten, and cook three minutes. Serve in timbale cases, patty cases, or on toast. Servings, 6.

FRIED FILLETED WEAKFISH

Weakfish
Flour
Salt
Pepper
1 egg
2 tablespoons water

Cut fish into pieces convenient for serving. Wipe dry, and dip in flour to which salt and pepper have been added, then in egg slightly beaten and mixed with water, then again in the seasoned flour. Fry in deep fat. Drain on crumpled paper. Garnish with parsley and slices of lemon. Serve with Hollandaise Sauce (see page 237) or with grated American

cheese, to which an equal quantity of Chili sauce has been added.

Time in cooking, 3 minutes (each piece). Temperature of fat, 375°.

FISH COMBINATIONS

BOUILLABAISSE À LA MARSEILLAISE

½ pound halibut
½ pound salmon
½ pound haddock
½ pound cod
1 cup oysters
1 cup clams
1 quart water
1 carrot
1 parsnip
2 onions
1 stalk celery
Parsley (1 or 2 small sprigs)
1 cup tomato pulp
Salt and pepper

Prepare fish by cutting the flesh in cubes. Cook bones and skin of fish in water for stock, strain, and use for cooking diced vegetables and fish. Cook these until tender then add prepared fish, tomato pulp, seasoning, and cook slowly twenty minutes. Serve like chowder with toast or crackers. Servings, 8.

FISH À LA KING

1¼ cups milk
6 tablespoons flour
3 pimientoes
1 cup mushrooms or celery
2 tablespoons lemon juice
Pinch nutmeg
2 cups fish

Beat milk and flour together until smooth, and cook three minutes over fire. Add cut pimientoes, mushrooms, or celery cut in pieces and parboiled, and seasonings. Add fish and reheat in double boiler or chafing-dish. Servings, 6.

LEMON STEW FISH

1 cup mixed soup vegetables
2 pounds salmon or halibut in thick slices
2 eggs
⅓ cup lemon juice
2 cups fish stock
Salt, pepper

Put vegetables in bottom of kettle, lay fish on top, cover with water and cook. Lift fish carefully into bowl and strain the

stock. Pour over the fish the hot lemon dressing made as follows: Beat the eggs with the lemon juice, add strained stock, seasonings, and cook in double boiler until thickened. Serve fish cold. Servings, 8.

MOLDED FISH

1 tablespoon sugar
1 teaspoon mustard
1 tablespoon flour
1 teaspoon salt
Speck cayenne
¾ cup rich milk
2 egg yolks
¼ cup vinegar
1 tablespoon gelatine
2 tablespoons cold water
2 cups flaked fish
1 tablespoon butter

Mix dry ingredients and add to milk, cook until thick. Beat egg yolks, add vinegar, and add to thickened mixture. Cook two minutes longer; then add the gelatine which has been soaked in the cold water and stir until well dissolved. Add fish, butter, and more salt if necessary. Pour into a greased mold and let stand until firm. Serve on crisp tender lettuce leaves with or without mayonnaise. Servings, 6.

FISH LOAF

3½ tablespoons butter
3½ tablespoons flour
2 cups milk or fish stock
⅛ teaspoon paprika
⅔ teaspoon salt
⅓ cup soft bread crumbs
2 cups cooked fish
2 eggs

Melt butter or any suitable fat, add flour, and when smooth stir in liquid. Cook until thickened, add seasonings and crumbs and cool. Remove bones and skin from fish, add to sauce and mix well. Stir in beaten yolks of eggs and fold in stiffly beaten whites. Turn into a greased baking dish and bake in moderately hot oven until firm. Serve with Cheese Sauce (see page 235).

Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

PICKLED FISH

2 pounds whitefish
1 pint vinegar
1 pint water
2 onions
Salt and pepper
10 cloves
3 bay leaves
1 teaspoon sugar
1 tablespoon gelatine

Boil fish in vinegar and water with onions, spices, and sugar for one hour. Separate fish from bones and skin and put into crock. Cook liquid enough longer to reduce it to one pint, strain, and add softened gelatine. Pour over fish and cool until liquid jellies. This will keep for some time and is convenient to have on hand for emergency meals. Servings, 6.

PLANKED FISH

5 pounds haddock
6 cups mashed potato
2 cups minced carrots
4 pickled beets

Bake the haddock in a moderate oven until thoroughly cooked, but still perfectly firm, and remove to a heated plank. The fish may be stuffed or not as desired. Put a border of potato around the edge, using a pastry bag. Garnish with minced carrots and potato roses. Brown slightly and heat through in the oven, then arrange the pickled beets which have been cut in fancy shapes.
Total time in oven, 1 hour. Temperature, 350°. Servings 8.

SCALLOPED FISH

4 tablespoons butter
¼ cup flour
2 cups milk
1½ cups flaked fish
¼ teaspoon celery salt or dried celery leaves
1 teaspoon grated onion
2 teaspoons salt
Pepper
¼ cup bread crumbs

Melt butter, add flour and mix to a smooth paste. Add milk and cook until thick, stirring all the time; then add fish and seasonings. Put into individual ramekins, sprinkle with crumbs and bake in a moderately hot oven.
Time in oven, 20 minutes. Temperature, 375°. Servings, 10.

SCALLOPED FISH WITH VEGETABLES

1 small green pepper
1 small onion
1 cup water
1 cup left-over creamed fish
1 cup chopped buttered carrots
1 cup cooked spaghetti
1 teaspoon salt
Speck pepper
¼ cup grated cheese

Remove seeds from pepper, chop with onion, and cook ten minutes in water. Add all the other ingredients except cheese. Put in a baking dish and sprinkle with cheese. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

SHELL FISH

NEW YORK CLAM CHOWDER

½ pound salt pork
1 pint potatoes
1 cup onion
½ cup carrots
1 pint tomatoes
1 cup yellow turnip
2 tablespoons parsley
2 teaspoons salt
Water
1 pint clams

Dice pork and fry brown, add chopped vegetables, seasonings, and water to cover and cook one hour. Add clams and cook thirty minutes longer. Add more seasoning if desired. Serve very hot. Servings, 12.

CRAB CUTLETS

3 tablespoons butter
4 tablespoons flour
1 cup rich milk
1½ cups crabmeat
½ cup soft bread crumbs
½ teaspoon grated onion
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon Worcestershire sauce

Melt butter, add flour and blend thoroughly. Add milk slowly and cook until thick. Then add remaining ingredients. Cool and shape in cutlets. Roll in fine crumbs, dip in egg, and roll in crumbs again. Fry in deep fat and drain on absorbent paper. Serve with Creole Sauce (see page 236).
Time in cooking, 3 minutes each. Temperature of fat, 360°. Servings, 6.

DEVILED CRABMEAT

1 tablespoon onion
1 tablespoon green pepper or pimiento
2 tablespoons minced celery
2 tablespoons butter
4 tablespoons flour
¼ teaspoon mustard
Salt, cayenne
2 cups milk or meat stock
1½ cups crabmeat
Bread crumbs
¼ cup grated cheese

Chop onion, pepper and celery very fine, sauté in hot butter, add flour and seasonings, blend well and add milk or stock. Cook until thick, then add shredded crabmeat. Fill shells or ramekins, sprinkle with buttered crumbs and grated cheese. Bake in a moderate oven and serve with a slice of lemon. Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

CRAB MEAT À LA NEWBERG

1½ cups crab meat
¼ cup butter
¼ teaspoon salt
Speck nutmeg
½ cup thin cream
2 egg yolks

Cut crab meat in pieces. Melt butter, add crab meat, and cook three minutes. Add seasonings, cream, and egg yolks slightly beaten. Cook until thickened, stirring constantly. Servings, 4.

YOKOHOMA PATTIES (Crabmeat)

3 tablespoons butter
3 tablespoons flour
¾ cup milk
¾ cup cream
1½ cups crabmeat
½ cup mushrooms
2 tablespoons pimiento
1 teaspoon chopped chives
¾ teaspoon salt

Melt butter, add flour and stir until well blended. Add milk and cream slowly, stirring constantly, until thickened. Add crab meat, mushrooms sautéd in butter, pimiento cut in thin strips, chives and salt. Serve in patty shells. Servings, 6.

LOBSTER BOUCHÉES

2 tablespoons butter
1 tablespoon flour
¾ cup top milk
1½ cups lobster meat
½ cup mushroom
1 egg
½ teaspoon salt
⅛ teaspoon Worcestershire sauce

Melt one tablespoon butter and add flour. Add milk slowly, stirring until smooth, and bring to boiling point. Add lobster cut in small pieces, and mushrooms which have been sliced, and browned in the remaining tablespoon of butter. Add egg, slightly beaten, and the seasonings. Serve in cases made by baking pastry in patty pans. Servings, 6.

MERRYMOUNT LOBSTER

1 cup thin cream
½ cup soft bread crumbs
1½ cups lobster meat
1 egg
½ teaspoon prepared mustard
1 teaspoon lemon juice
Few drops onion juice
½ teaspoon salt
Dash cayenne
⅛ teaspoon white pepper
1 tablespoon butter
½ cup buttered cracker crumbs

Heat cream almost to boiling point and add bread crumbs, and lobster meat cut fine. Beat egg slightly and mix mustard with it. Add to the first mixture and cook until thickened, stirring constantly. Add remaining seasonings and the butter. Put in scallop shells or ramekins, cover with buttered crumbs, and bake in a hot oven until crumbs are brown.
Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

CREAMED OYSTERS

1 quart oysters
4 tablespoons butter
4 tablespoons flour
2 cups hot milk
1 teaspoon salt
¼ teaspoon pepper
Toast
Parsley

Drain and clean, and parboil the oysters. Drain again. Melt butter, add flour, stir until smooth, and add milk. Cook in double boiler, stirring frequently. Season with salt and pepper to taste. Add oysters and serve on toast garnished with parsley. Servings, 6.

PANNED OYSTERS

1 cup oysters
1 tablespoon butter
2 tablespoons flour
1 cup milk
½ cup celery
½ cup nuts (pecans or walnuts)
½ teaspoon salt
Speck paprika, speck pepper
4 long rolls

Scald oysters in skillet until edges curl and remove from liquor. Add butter and flour creamed, milk, and cook until thick. Add celery diced and nuts broken in small pieces. Season to taste, add oysters, heat thoroughly. Remove tops from rolls, scoop out soft part and toast remainder slightly. Fill with oysters, cap with toasted tops, and serve at once. Servings, 4.

FRIED SCALLOPS

1 quart scallops
Salt, pepper
Bread crumbs
1 egg

Clean scallops, turn into a saucepan, and cook until they begin to shrivel, drain, and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in beaten egg, again in crumbs, and fry in deep fat. Drain on brown paper. Serve with Tartare Sauce (see page 239).
Time in cooking, 2 minutes each. Temperature of fat, 360°. Servings, 4.

SHRIMP À LA CREOLE

1 tablespoon butter
1 tablespoon flour
1 cup milk
1 egg
Salt and pepper
2 pimientoes
¼ cup onion, grated
½ cup tomato
1 can shrimps
Bit of garlic
Paprika, parsley

Melt butter, add flour and blend thoroughly. Add milk gradually, stirring until smooth, and cook until thickened. Add egg slightly beaten, salt and pepper and cook three minutes. Add chopped pimientoes, grated onions, and canned or chopped tomato, shrimps and garlic. Serve in large deep clam shells. Sprinkle with paprika and minced parsley. Servings, 6.

SHRIMP CUTLETS

2 cups shrimp
¼ cup butter
½ cup flour
1 cup cream
3 egg yolks
½ teaspoon salt
⅛ teaspoon pepper
Speck nutmeg
2 tablespoons water
1 egg white, slightly beaten

Mince shrimp very fine, melt butter, and add flour to make a smooth paste. Add cream and cook until thick and smooth. Add shrimp, egg yolks, and seasonings, and mix well. When cold shape into cutlets. Add water to egg white. Dip cutlets in flour, then in egg white, and then in flour again. Fry in deep fat. Serve hot in a bed of lettuce leaves with Hollandaise Sauce (see page 237).

Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SHRIMPS, NEW ORLEANS STYLE

2 tablespoons butter
1 cup canned shrimp
1 cup hot boiled rice
¾ cup heavy cream
½ teaspoon salt
¼ teaspoon celery salt
Few drops onion juice
¼ cup tomato sauce

Melt butter, add shrimps and cook three minutes. Add rice, cream, seasonings, and tomato sauce. Heat and serve garnished with points of hot buttered toast. Servings, 4.

SHRIMP PIE

3 tablespoons butter
3 tablespoons flour
2 cups milk
½ tablespoon anchovy paste
2 cups shrimp
1 cup cooked diced potatoes
1 cup peas
½ teaspoon salt
1 teaspoon grated onion
Pastry

Melt butter, add flour and blend well. Add milk slowly, stirring until thickened. Bring to boiling point and add anchovy paste. Remove intestinal vein from shrimp and cut in pieces. Add to the sauce, together with potatoes, peas, and seasonings. Put in baking dish, cover with pastry, and bake in a hot oven. Time in oven, 20 minutes. Temperature, 400°. Servings, 8.

SHRIMP WIGGLE

1 can shrimp
1 can tomato soup
Pinch of soda
1 can peas
1½ tablespoons butter
1½ tablespoons flour
1½ cups milk
Salt and pepper

Wash shrimp, remove intestinal vein, and cut each in two or three pieces. Heat tomato soup, add soda to keep from curdling the milk, add peas and shrimp, and cook a few minutes. Make a white sauce of the butter, flour, milk, seasonings, and add just before serving. Servings, 8.

FROSTINGS AND FILLINGS

Facts to Remember about Frostings and Fillings

Frostings are of two kinds, cooked and uncooked.

Most cooked frostings are made by boiling a syrup to the soft ball stage and beating it until creamy, or adding it to stiffly beaten egg whites. The surest way for success with cooked frostings is to use a candy thermometer.

Uncooked frostings are made with confectioners' or powdered sugar, preferably the former, moistened with some liquid to make it of the right consistency to spread, and flavored in different ways. The addition of butter helps to keep the frosting moist and takes away the raw taste.

Any frosting may be used as a filling. For fillings less sweet than a regular frosting, mixtures thickened with cornstarch or flour, or fruits cooked to a paste are good.

Always pour frosting on the center of the cake and as far as possible let it spread itself, aiding it, when necessary, with a knife. Either frost the sides like the top or take care that no drops run down from the top.

When covering small cakes with boiled frosting place the cake on an inverted cup and set the cup over a jar so that it may be twirled about easily. Cover the top of the cake with frosting and let it come well down over the sides. Hold a small spatula straight against the side of the cake and twirl the cup. The sides of the cake will be frosted smoothly and the edges attractively ridged.

If fondant is used for coating small cakes it should be melted and the cakes dipped into it.

When a soft filling is used for a cake the top is attractive if sprinkled with powdered sugar instead of being frosted.

For decorating frosted cakes, candied fruit, angelica, colored citron, tiny candies, orange peel, preserved ginger, nuts or colored popcorn may be used, or some of the frosting may be forced through a pastry tube.

BAGDAD FROSTING

2 cups granulated sugar
½ cup water
1 cup figs, cut up small

Put sugar and water over fire and cook until it will form a soft ball when dropped in cold water. Do not stir the syrup.

Add figs and boil up again. When slightly brittle in cold water, remove from fire and beat until it thickens. Spread on cake before it cools. This makes an unusual frosting or filling, and when dropped on waxed paper, a very delicious candy results. Enough frosting for 12 cup cakes.

BOILED FROSTING

1 cup sugar
½ cup boiling water
2 egg whites
½ teaspoon vanilla

Dissolve sugar in boiling water, and boil without stirring until a soft ball is formed when a little is dropped in cold water. Have egg whites beaten until stiff and dry. Pour sugar syrup over them in a fine stream, beating constantly. Continue beating until stiff enough to hold shape. Add vanilla.

CARAMEL FROSTING No. 1.

1 egg white
2 tablespoons rich milk
Brown sugar
Cocoanut

Beat egg white until it is very stiff and dry. Add rich milk, and enough sugar to make a mixture that will spread without running. After it has been spread on the cake sprinkle with cocoanut.

CARAMEL FROSTING No. 2.

2 cups brown sugar
2 teaspoons flour
½ cup milk
2 tablespoons butter
1 teaspoon vanilla
2 tablespoons marshmallow whip

Mix sugar and flour, add milk and butter, and cook until it forms a firm ball in cold water. Beat until thick, add flavoring and marshmallow. Beat until smooth. Marshmallow may be omitted.

CHOCOLATE FROSTING

Add to Plain Frosting one square of chocolate melted over hot water and mixed with one tablespoon of warm water.

CHOCOLATE ICING

1 cup sugar
¾ cup cream
2 squares melted chocolate
Pinch salt
½ teaspoon vanilla

Mix sugar, cream, chocolate, and salt. Boil slowly and carefully until a little tried in cold water forms a soft ball. Let cool slightly and flavor. Beat until thick enough to spread on cake without running.

INCH HIGH FROSTING

1 teaspoon granulated gelatine
3 tablespoons cold water
1 cup sugar
¼ cup hot water
2 egg whites
½ teaspoon vanilla

Soak gelatine in cold water and dissolve over steam. Dissolve sugar in hot water and boil until the syrup will spin a thread. Strain gelatine into syrup. Have egg whites beaten very stiff on a platter, add syrup slowly, beating constantly. When all the syrup has been added, turn the mixture into the top of a double boiler and cook until it is stiff enough to hold its shape, stirring all the time with a wooden spoon.

MAPLE FROSTING

1 cup maple sugar
⅓ cup thin cream
1 tablespoon butter

Cut or break sugar in small pieces, add cream and butter, heat slowly, stirring until sugar is dissolved. Boil to soft ball stage and beat until thick enough to spread.

MAPLE SYRUP FROSTING

½ cup maple syrup
1 egg white

Boil syrup until it threads. Pour over stiffly beaten white of egg and beat until thick.

MERINGUE

Pinch salt
2 egg whites
¼ cup granulated sugar

Add salt to egg whites and beat until stiff. Add sugar gradually and continue beating. Spread over pie and bake in a moderate oven.

ORANGE COCOA FROSTING

1 cup powdered sugar
1 orange (grated rind)
4 tablespoons cocoa
3 tablespoons orange juice
¼ cup crystallized orange peel

To the sugar add the grated orange rind, the cocoa, and enough orange juice to soften the sugar. Lastly stir in the finely cut crystallized orange peel.

PALM BEACH FROSTING

3 cups sugar
1 cup water
4 egg whites
2 to 3 squares chocolate melted
1 slice candied pineapple
¼ cup chopped almonds or almond paste
¼ cup chopped filberts
2 teaspoons lemon juice
1 teaspoon orange juice
½ cup figs, cut in small pieces

Put sugar and water in saucepan. Stir until sugar is dissolved and put on stove to boil. Beat egg whites until stiff, add one tablespoon boiling syrup and continue beating while four more tablespoons syrup are being added. Let syrup continue to boil until it spins a long thread when dropped from a spoon, and add to whites of eggs in fine steady stream, beating with egg-beater constantly. Remove egg-beater, beat with spoon until cold, set over hot water and fold over and over until frosting holds its shape. Reserve enough frosting for top and sides of cake and add chocolate. To remaining frosting add candied pineapple, cut in small pieces, chopped almonds, filberts, lemon juice, orange juice, and figs. Put this on first and then double frost with a layer of the chocolate mixture.

PINEAPPLE ICING

3 tablespoons crushed pineapple
2 cups confectioners' sugar
2 tablespoons butter

Add enough pineapple to confectioners' sugar to make icing of right consistency to spread. Beat in butter which has been softened but not melted. Spread thickly on cake.

PLAIN FROSTING

1 cup powdered sugar
2 tablespoons cream or milk
½ teaspoon vanilla

To the powdered sugar add the cream or milk. Mix well and add the vanilla. Spread on cake. More sugar may be added if the frosting is not as thick as desired.

QUICK ICING

3 tablespoons water
1 cup sugar
1 egg white

Put ingredients in top of double boiler, and cook over hot water, beating constantly with a rotary egg-beater, until icing is fluffy and will hold its shape.

SOUFFLÉ ICING

1 egg white (unbeaten)
3 tablespoons cold water
1 cup powdered sugar
¼ teaspoon flavoring

Put all ingredients in top of double boiler. Have the water underneath boiling but not too hard, and cook the mixture seven minutes beating constantly. This icing will stand several days and remain creamy.

FILLINGS

CHOCOLATE FILLING

2 cups milk
¾ cup sugar
⅓ cup flour
½ teaspoon salt
2 squares chocolate
1 egg
1 teaspoon vanilla

Scald milk. Mix sugar, flour, and salt, and add milk gradually. Add chocolate, grated, and cook in double boiler fifteen

minutes, stirring constantly until thickened. Add egg slightly beaten and cook three minutes longer. Cool, and add vanilla.

CHOCOLATE ROLL FILLING

2 squares chocolate
½ cup sugar
½ cup water
1 teaspoon butter
1 tablespoon cornstarch
¾ cup milk
1 egg

Melt chocolate, add sugar, water, and butter, and blend to a smooth paste. Mix cornstarch with milk, add to chocolate, and stir until well blended. Let cook ten minutes in double boiler. Add egg slightly beaten and cook three minutes longer. Add butter and vanilla, and spread on cake while still hot.

COCOANUT DATE FILLING

3 tablespoons cocoanut
½ cup water
½ teaspoon salt
1 cup dates, ground
3 tablespoons orange juice
3 tablespoons sugar
1½ teaspoons vanilla

Mix ingredients, and cook slowly together until thick enough to spread between cakes. Remove from fire. Cool, and add vanilla.

COCOANUT PINEAPPLE FILLING

½ cup water
½ cup pineapple juice
½ cup canned pineapple, cut in small pieces
2½ tablespoons cornstarch
¼ cup sugar
⅛ teaspoon salt
2 tablespoons cocoanut
2 tablespoons lemon juice
Speck cinnamon

Bring water and pineapple juice to boiling point. Add pineapple, cornstarch mixed with sugar and salt, and cook twenty minutes. When cool, add cocoanut, lemon juice, and cinnamon.

CREAM PUFF FILLING

2 cups milk
⅝ cup sugar
⅓ cup flour
½ teaspoon salt
¼ cup cold water
2 eggs
1 teaspoon vanilla

Heat milk in double boiler. Mix sugar, flour, and salt, add water and stir until smooth. Add to hot milk and cook in double boiler fifteen minutes, stirring constantly until thickened. Add eggs slightly beaten and cook until eggs are thickened. Cool, and add vanilla.

CUSTARD FILLING

1 cup milk
1 tablespoon butter
2 tablespoons flour
2 tablespoons sugar
Speck salt
1 egg
¼ teaspoon vanilla

Heat milk. Cream butter, mix with flour, and add milk. Cook ten minutes. Add sugar, salt, and slightly beaten egg. Cook in double boiler until thick. Cool, and add vanilla.

DATE FILLING

1 package dates
1 cup water
1 tablespoon sugar
1 tablespoon lemon juice

Remove stones from dates, and cook with water and sugar until like jam. Cool, and add lemon juice.

FIG FILLING

½ pound figs
1 cup water
1 cup sugar
1 teaspoon vanilla

Chop the figs fine, and boil them in the water until tender. Add sugar, and cook in a double boiler until smooth and thick. Remove from heat and add vanilla. Cool before using.

FRUIT AND NUT FILLING

1 cup chopped raisins
½ cup chopped nuts
½ cup shredded cocoanut
1 egg white
Currant jelly

Mix the raisins, nuts, and cocoanut, and add them to the stiffly beaten egg white. Spread the layers of cake first with currant jelly and then with the filling.

HAZEL NUT FILLING

2 tablespoons butter
1 egg yolk
3 tablespoons powdered sugar
½ teaspoon vanilla extract
⅓ cup ground hazel nuts
⅓ cup ground pecan nuts
2 tablespoons pistachio nut meats
1½ tablespoons cream or evaporated milk

Cream butter, add egg yolk, and stir until well mixed. Add powdered sugar, vanilla extract, nut meats, and cream drop by drop.

JAPANESE FILLING

1 cup grated cocoanut
2 cups sugar
2 cups water
¼ teaspoon salt
1 cup cornstarch
⅓ cup lemon juice

Cook cocoanut, sugar, water, salt, and cornstarch for forty-five minutes in double boiler. Add lemon juice and spread while hot between layers of cake.

JAPANESE ICING

1 cup sugar
⅛ teaspoon cream of tartar
⅓ cup water
1 egg white
¼ teaspoon almond extract

Cook sugar, cream of tartar, and water together until it will spin a thread. Pour gradually, beating constantly, over stiffly beaten white of egg. Add almond extract and beat until thick.

LEMON FILLING

3 egg yolks
2 lemons (juice and grated rind)
½ cup butter
1 cup sugar

Beat egg yolks until thick, add other ingredients, and cook in a double boiler, stirring constantly, until mixture is thick and smooth. Cool before spreading on cake.

MOCHA CREAM FILLING

1 cup milk
2 tablespoons ground coffee
½ cup sugar
1 tablespoon flour
2 egg yolks beaten
½ teaspoon vanilla

Cook milk and coffee five minutes. Strain, pour over sugar and flour mixed together, and cook in double boiler fifteen minutes. Add beaten egg yolks and cook until thick. Cool, and add vanilla.

MOCHA FILLING AND ICING

1 cup confectioners' sugar
2 tablespoons butter
2 tablespoons cocoa
2 tablespoons coffee infusion
½ teaspoon vanilla

Cream sugar and butter. Boil cocoa and coffee for three minutes, cool, and add to first mixture. Add vanilla.

PINEAPPLE FILLING

1½ teaspoons cornstarch
¾ cup sugar
1 cup crushed pineapple
1 tablespoon lemon juice

Mix cornstarch and sugar, add pineapple and lemon juice. Bring to boiling point and boil gently until of the consistency of jam, stirring frequently to prevent burning. Cool before using.

STRAWBERRY FILLING

¼ cup butter
1 cup sugar
1 cup mashed strained strawberries

Cream butter and sugar. When light stir in strawberries, mashed and passed through coarse sieve. Whip well and stand on ice half an hour. Use filling generously and serve at once.

VERMONT MAPLE FILLING

1 cup maple syrup
Few grains of salt
1 egg white
½ cup whipped cream
Chopped nuts

Boil syrup until it threads. Add salt to egg white, and beat until stiff. Add syrup to egg white slowly, beating constantly. Add cream, and continue beating until mixture is thick enough to spread. This filling can be used for the top of cake also, and sprinkled with chopped nuts.

MACARONI AND SPAGHETTI

(See Cereals for Facts to Remember)

BAKED MACARONI

1 cup uncooked macaroni
3 tablespoons flour
3 tablespoons butter
2 cups tomato
Seasonings
Bread crumbs

Boil macaroni in salted water until tender, drain and rinse with cold water. Combine flour with melted butter, add tomato and cook eight minutes. Season to taste. Put macaroni in greased baking dish, cover with tomato sauce, sprinkle with bread crumbs, and bake in moderate oven.
Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

BAKED MACARONI AND CHEESE

1 cup macaroni
1½ cups thin white sauce
½ cup grated American cheese
½ cup buttered bread crumbs

Cook macaroni in salted water until soft, and mix with white sauce, and cheese. Pour into greased baking dish, sprinkle buttered crumbs over top of mixture, and bake in moderate oven until crumbs are golden brown, and the sauce cooks up through the mixture.
Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

MACARONI CROQUETTES

1 cup milk
4 tablespoons flour
2 tablespoons butter
2 cups chopped, cooked macaroni
Salt and pepper
Egg
Crumbs

Make white sauce of milk, flour, and butter. Mix with macaroni and season. Form into croquettes about the size of

an egg, dip in flour, egg, and crumbs. Fry in deep fat. Serve with Thin White Sauce (page 240).
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 8.

MACARONI WITH POACHED EGG

¼ cup macaroni
1 egg
2 teaspoons grated cheese
Salt

Boil macaroni in salted water and mold in a square. Poach an egg and place on the macaroni. Sprinkle with grated cheese, season, and serve with garnish of parsley. Serving, 1.

MACARONI AND TOMATO AU GRATIN

2 cups macaroni
1 pint tomato
1 tablespoon sugar
1 teaspoon salt
½ teaspoon celery salt
Pepper
½ cup cheese
½ cup crumbs

Boil macaroni in salted water until nearly tender, drain, and rinse. Season tomato with sugar, salt, celery salt, a little pepper, and pour over the macaroni. Sprinkle with cheese and crumbs, and bake in a moderate oven.
Time in oven, 1 hour. Temperature, 350°. Servings, 6.

SPAGHETTI

SPAGHETTI, BOLOGNA STYLE

¼ pound veal, ground
¼ pound pork, ground
¼ pound beef, ground
¼ pound sausage
1 tablespoon butter
1 cup onion, chopped
1 clove garlic, chopped
1 green pepper, chopped
1 sprig parsley, cut
4 ounces mushrooms, chopped
½ cup tomato purée
¼ cup tomato catsup
½ cup water
¼ teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 teaspoon salt
Pinch pepper
½ pound spaghetti
Grated cheese

Brown meats in butter in iron skillet, add onion, garlic, peppers and parsley. Cook until slightly brown and add mushrooms,

purée, catsup, one-half cup water, Worcestershire sauce, lemon juice, and salt and pepper. Simmer one and one-half hours. Cook spaghetti in salted water until soft, and cook sauce and spaghetti together ten minutes. Serve on platter and sprinkle with grated cheese. Servings, 12.

SPAGHETTI WITH MUSHROOMS

1 cup spaghetti
1 can tomato soup
½ cup mushrooms, diced
2 tablespoons butter
½ cup cheese

Cook spaghetti in boiling salted water until tender. Drain, rinse with cold water, and add to tomato soup. Brown mushrooms in butter and add with cheese to spaghetti. Heat thoroughly and serve. Servings, 4.

MEAT

The preparation of any meat in such a way as to emphasize its good points requires not only a knowledge of underlying principles but care in applying them as well. It is just as possible to ruin a choice piece of meat through careless cooking as to make an inferior cut palatable by adopting the proper method.

Roasting and Broiling. — By roasting and broiling a delicious flavor is developed in meats but this method is suitable only for meats that are short-fibred, fine-grained and which do not contain tough connective tissue. These cuts come from the parts of the animal where the muscles are least used.

The less choice cuts of meats require a more moist atmosphere to make them tender. Pot roasting, stewing and braising can be used successfully.

Roasts should first be subjected to intense heat, which will quickly sear over the surface and prevent the escape of juices. A little flour rubbed over the meat helps to keep in the juices and facilitates browning. After the surface is seared the heat should be reduced, otherwise the outer portion will become dry and hard before the heat has penetrated to the centre. The larger the roast the lower the temperature should be. A roast of pork may be cooked in a moderate oven for the entire period because the surface is so much protected by fat. Unless a covered roaster is used the meat should be basted frequently with the liquid in the pan.

The principle involved in broiling is the same as in roasting. It is used for small pieces of meat instead of large. Intense heat is applied to sear the surface and then the cooking is completed at a lower temperature.

The result obtained by broiling may be approximated in a pan. The meat is seared on both sides in a very hot pan without fat and then cooked more slowly until done.

Pot-Roasting. — In pot-roasting the meat is seared over quickly in a hot kettle and then cooked slowly with a very little water.

Braising. — Braising is similar to pot-roasting. The meat is cooked in the oven in a tightly covered pan with a small amount of water. It is best to sear the surface of the meat first. Vegetables are usually added for flavor.

Stewing. — In stewing the meat is simmered in a relatively large amount of water. Browning the meat for stews before cooking adds color and flavor.

Tough meats can be made somewhat more tender by pounding with the back of a knife or some other blunt tool so as to break the fibre, by rubbing the surface with an acid or by cooking in slightly acidulated water.

BEEF

Facts to Remember about Beef

Good beef is firm and fine-grained in texture. The surface of a freshly cut piece should be bright red in color. Even when it has been cut for some time it should be a clear red, though darker. The fat is firm, with a clear yellowish tinge.

In purchasing beef the amount of bone and cartilage in proportion to the meat should be considered. One cut may be a few cents lower in price than another but the amount of waste may make the real cost higher.

It should be remembered that beef comes from a large animal and it is not always possible to purchase a small piece advantageously.

Many of the beef organs can be utilized to good advantage and should not be overlooked in menu making. They offer variety and are relatively inexpensive.

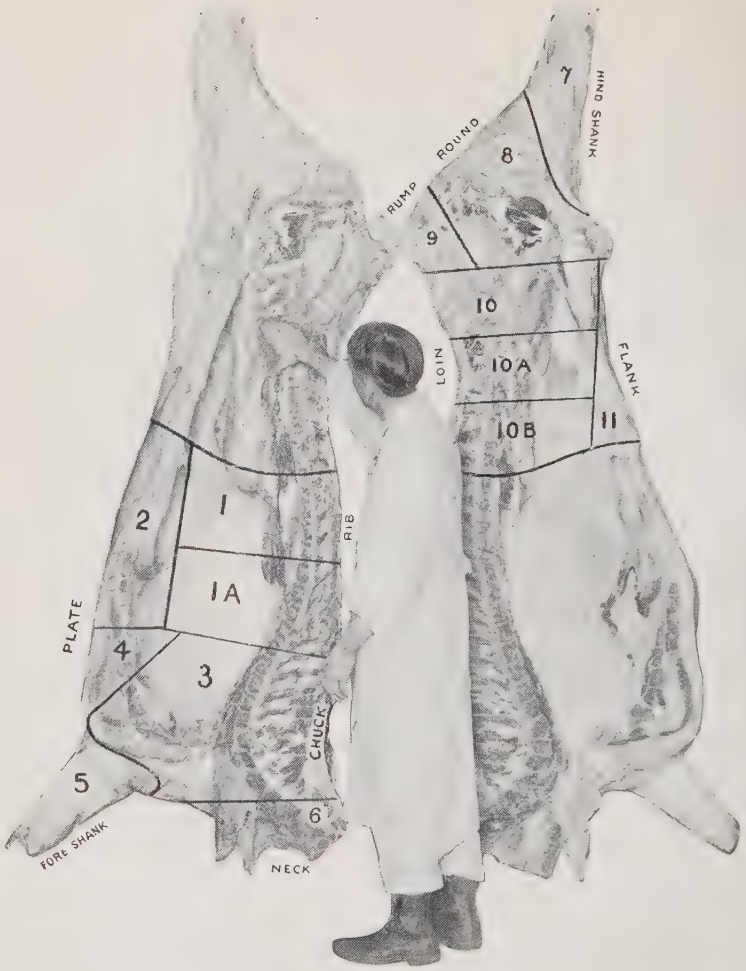
ROAST BEEF

Put meat in a roasting pan, dredge with flour, and sprinkle with salt and pepper. Put into a very hot oven (500°) to sear the surface quickly. As soon as the roast is browned reduce the heat to moderate (350°). For rare beef allow fifteen minutes to the pound, counting the time after the meat is seared. For a well-done roast allow twenty minutes to the pound. If an uncovered roaster is used baste the meat frequently with the liquid in the pan.

To make gravy, remove the meat from the pan and pour off the superfluous fat, leaving about two tablespoonfuls for each cup of gravy to be made. Add one and one-half to two tablespoons flour for each cup, and blend thoroughly. Add the desired amount of water gradually, and cook until thickened, stirring constantly. Season with salt and pepper. For a six pound roast make three cups of gravy.

POT ROAST OF BEEF

Wipe the meat with a cloth. Heat kettle or large frying-pan, put in meat and sear entire surface. Rub with salt and pepper. Add a cup of water, cover, and keep just below



BEEF CHART.

Beef is cut first along the back bone into two sides. Then each side is cut into two pieces called quarters. These quarters are cut by the butcher as the black lines indicate. Some of the pieces as they look in the market are shown by the corresponding numbers.

boiling point. Do not let kettle get dry, but keep only a little water in it. Cook until meat is tender, — about four hours. Thicken liquid for gravy by adding flour mixed to a paste with cold water. Use one and one-half to two tablespoons flour to each cup of liquid.

FRIED CALVES' BRAINS

1 set brains
1 tablespoon butter
1 teaspoon parsley
1 small onion
1 bay leaf
1 sprig thyme
Cold water
Salt and pepper

Dip the brains in very cold water and free from surrounding skin and tissue. Blanch by pouring scalding water over them and letting them stand five minutes. Melt butter in frying-pan and add parsley, onion chopped fine, thyme, and bay leaf. Cook until onion is yellow. Add brains, cover with cold water, and simmer ten minutes. Drain and cool. Cut brains in slices one-half inch thick. Dip in fine crumbs, beaten egg, and crumbs again. Fry in deep fat. Season with salt and pepper and serve with Brown Butter Sauce (see page 235).

Temperature of fat, 370°. Servings, 4.

BRAISED HEART

2 small calves' hearts
Fat
Flour
2 slices salt pork
1 cup meat stock
½ cup celery
½ cup onion
½ cup carrot
½ cup turnip
1 bay leaf
3 cloves
Sprig parsley
1 cup tomato pulp

Wash the hearts, rub inside and out with fat, and dredge with flour. Try out salt pork, and brown hearts all over in the pork fat. Put hearts in a small roasting pan with meat stock, cover and bake in a moderate oven. Put diced vegetables and seasonings into pan in which hearts were browned. Cover with hot water, cook until tender and add tomato pulp. Thicken with flour and serve around hearts.

Time in oven, 1½ hours. Temperature, 350°. Servings, 6.

STUFFED HEART

2 small calves' hearts
1 cup bread crumbs
½ teaspoon poultry dressing
1 teaspoon salt
Pepper

Wash the hearts thoroughly and remove muscular portions. Make stuffing by pouring boiling water through crumbs and draining well. Add seasonings, and when cool fill the hearts. Cover with hot water and cook in moderate oven or in fireless cooker. Drain off liquor and thicken for gravy. Sprinkle hearts with buttered crumbs, and salt and pepper. Put in hot oven for a few minutes to brown. Serve at once.
Time in oven or fireless cooker, 4 to 6 hours. Temperature of oven, 325°. Servings, 6.

STEAK

2 pounds round steak
Salt
1 egg
Cracker crumbs

Cut steak into pieces just large enough for individual servings. Salt them and dip each, first into beaten egg and then into cracker crumbs. Sauté on both sides, then cover with water and simmer about three hours, or until tender. Servings, 8.

DANISH BEEFSTEAK

1 pound round steak, chopped
1 teaspoon salt
¼ teaspoon pepper
¼ cup minced onion
1½ cups celery
3 tablespoons fat
3 tablespoons flour
2 cups cooked macaroni

To the chopped meat, add salt, pepper, and onion. Shape in small balls, sauté in hot frying-pan until well browned all over. Wash celery, cut in inch pieces, cook until tender in one quart of boiling salted water. Drain, and reserve water for sauce. Melt fat and add flour. Add celery water, stirring constantly and boil three minutes. Add celery and meat balls and simmer ten minutes. Add macaroni and more seasoning if necessary. Serve very hot. Servings, 4.

FLANK STEAK EN CASSEROLE

1 flank steak
1 tablespoon lemon juice
1½ teaspoons salt
1 tablespoon onion, minced
Speck pepper, nutmeg, and clove
1 cup crumbs
1 cup tomatoes
1 pint hot water or tomato stock

Score the steak closely on both sides, and rub the seasonings into it. Mix the crumbs and tomatoes and spread over one side of the steak. Roll, tie with string, and sear. Place in a casserole or deep frying-pan. Pour in water or stock. Cover closely and bake in a moderate oven, or simmer until tender. Thicken the stock and serve around the steak.
Time in oven, 2 hours. Temperature, 325°. Servings, 8.

HAMBURG STEAK SAVORY

1½ pounds round steak
1 slice salt pork
Salt and pepper
6 slices bacon
1 cup tomato
Parsley

Put steak and salt pork through grinder and season. Form into flat cakes and dip in flour. Fry very thin slices of bacon until curled and crisp; remove to a platter and keep hot. In the fat brown the steak balls and remove to platter. Pour tomato into frying-pan, stir to blend, and when hot pour over steak balls. Garnish with bacon curls and parsley. Servings, 6.

RUMP STEAK, BACHELOR STYLE

1½ pounds rump steak
Butter
1 teaspoon salt
¼ teaspoon pepper
Worcestershire sauce

Rub steak with soft butter and seasonings and let stand awhile. Just before broiling, cut deep gashes in the top with a sharp knife and fill with Worcestershire sauce. When steak is turned, cut gashes in the reverse side. Pour more sauce over steak. Broil rare. Transfer to a platter and serve with Potatoes O'Brien (see page 344). Servings, 6.

SALISBURY STEAK

2 pounds Hamburg steak
2 teaspoons minced onion
Salt and pepper
1 teaspoon lemon juice
Speck of nutmeg
1 egg yolk

Mix ingredients and shape into patties. Pan broil. Serve surrounded with Tomato Sauce (see page 239) and covered with French fried onion. Servings, 8.

SOMERSET SIRLOIN

Sirloin steak, 1½ inches thick
Olive oil
Salt and pepper
Worcestershire sauce
1 pound fresh mushroooms
2 tablespoons butter
½ cup thin cream

Marinate steak in olive oil seasoned with salt, pepper, and Worcestershire sauce for two or three hours. Sear meat on both sides. Broil. Cook mushrooms in butter, season with salt and pepper, and add cream. Put steak on platter, cover with mushrooms, and garnish with toast points. Servings, 6.

STEAK PATTIES

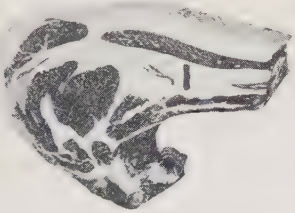
1 pound Hamburg steak
Salt and pepper
1 pint highly seasoned tomato sauce
1 teaspoon chopped parsley
Baking powder biscuit dough
Tiny carrots (cooked)
Tiny onions (cooked)

Press the steak flat in a pan. Pan broil, add salt and pepper, and run through meat chopper. Add tomato sauce and parsley and keep hot. Roll biscuit dough one-half inch thick, cut in rounds, brush with melted butter, and bake in pairs in a hot oven. Break apart, lay lower halves on a platter, spread with steak mixture, and replace tops. Garnish with mounds of carrots and onions. Servings, 8.

STEAK AND BACON ROLLS

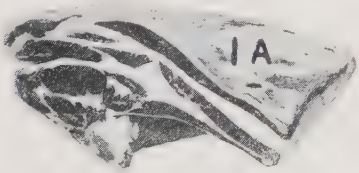
1 pound top of the round
½ pound bacon
½ teaspoon salt
¼ teaspoon pepper
3 cups water
2 tablespoons flour

FORE QUARTER CUTS



RIB ROAST (*First Cut*)

Rib roasts are among the choicest cuts of beef, and consequently are expensive. The meat is tender and juicy and of excellent flavor. At least two ribs should be purchased for a satisfactory roast.



RIB ROAST (*Second Cut*)

The second cut does not differ appreciably from the first in quality. When a rib roast has the bones left in it is known as a standing roast. A rolled roast has the bones removed and is tied firmly in a roll as compact as possible. The bones which are removed from a roast should be used in soup stock.

NAVEL END OF PLATE

The plate is a cut of beef that is especially good for corning. It is sometimes used for stews and occasionally for pot roasts. The meat is coarse in texture and requires long, slow cooking.

Have steak cut thin and fat removed. Lay strips of bacon on it and cut meat same width as bacon. Roll both together, having bacon inside, and secure ends with two toothpicks. Try out enough bacon to grease frying-pan. Sear rolls in it, arrange them in baking dish, and season. Put water in frying-pan and let simmer for a few minutes. Thicken with flour and pour over meat. Cook in a moderate oven.
Time in oven, 1 hour. Temperature, 350°. Servings, 6.

SWISS STEAK

1½ or 2 pounds steak
Salt and pepper
4 tablespoons flour

Spread steak on board and rub well with seasonings. Pound as much flour as possible into it — about four tablespoons. Place in covered casserole, with enough water to cover, and simmer in a moderate oven until tender.
Time in oven, 4 hours. Temperature, 325°. Servings, 6.

MEAT COMBINATIONS

ALASKAN DISH

2 pounds round steak
½ pound salt pork
1 cup finely cut celery
1 large onion
2 tablespoons flour
1 cup hot water
1 cup cooked spaghetti
1 pint stewed tomatoes
2 cups cooked rice

Cut steak in eight pieces for serving. Dice salt pork. Cook pork, celery, and onion in frying-pan until golden brown and put in a kettle. Sear steak quickly on both sides in frying-pan and remove it to kettle. Blend flour with fat left in frying-pan and add hot water. Pour over meat, and simmer the whole thirty minutes. Just before serving, add spaghetti and tomatoes. Pour over rice arranged on a platter. Servings, 8.

AMERICAN GOULASH

3 slices fat bacon
1 pound Hamburg steak
1 large onion
1 can red kidney beans
1 quart tomatoes
Speck cayenne
Pepper, salt

Cut bacon in small pieces and cook until crisp. Remove bacon and brown the meat in the fat. Add onion, pieces of bacon, beans, and tomatoes. Simmer until meat is tender, and add seasonings. Servings, 8.

BEAN POT STEW

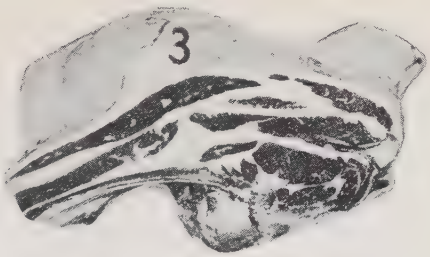
1 pound beef (bottom of round)
1 onion
2 small carrots (sliced)
1 small white turnip (sliced)
½ can peas
4 tablespoons vinegar
4 tablespoons rolled oats or tapioca
1 teaspoon salt
3 cloves
Water
3 potatoes

Cut meat in cubes, brown with onion in a small amount of fat, and add with carrots, turnips, and peas to greased bean pot. Add remaining ingredients except potatoes, cover with water, and bake in a moderate oven. Add potatoes the last hour of cooking.
Time in oven, 4 hours. Temperature, 350°. Servings, 4.

PETIT BEEF CUTLETS

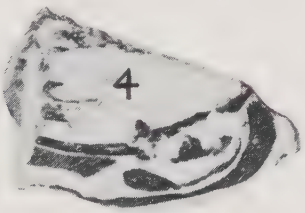
1½ pounds beef (cut from neck)
½ cup fine bread crumbs
1 quart water
3 whole cloves
2 teaspoons salt
¼ teaspoon Worcestershire sauce
5 onions

Cut beef in inch cubes, brown quickly in hot skillet. Add crumbs and stir until meat is well covered. Add water and seasonings and boil five minutes. Place whole onions in casserole or bean pot, pour meat over them and cover closely. Cook on top of stove, in moderate oven, or fireless cooker until tender. Serve with potato balls and tiny carrots.
Time in oven, 2¼ hours. Temperature, 325°. Servings, 6.



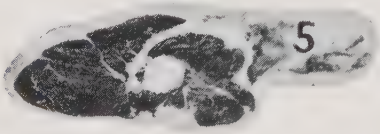
THE CHUCK

Excellent pot roasts and very fair oven roasts are cut from the chuck, the first cut from the rib end being particularly desirable. A chuck roast is an economical purchase for a large family. The chuck is also used for steaks and stews.



BRISKET END OF PLATE

This is most often utilized in corned beef. Corning may be done at home but for most housekeepers it is more practical to purchase the meat from the market already prepared.



THE SHANK

The meat from the top portion of the shank may be used for stews or Hamburg steak, but the piece is primarily a soup-bone cut. The lower end of the shank is suitable only for soup.

BOUCHÉES OF MEAT

1 egg yolk
¼ cup milk or cream
2 cups cold mashed potatoes
Creamed meat

Beat egg yolk slightly. Scald milk or cream and pour over egg, stirring constantly. Add to potato, beating thoroughly. Place large, rough spoonfuls on a buttered baking sheet, make a hollow in the centre of each and fill with creamed meat. Heat and brown slightly in hot oven, transfer to platter, and serve. To prepare the meat, grind or chop in small pieces and moisten with an equal quantity of gravy, or of sauce made with milk and seasoned and thickened with flour (two level tablespoons to one cup milk).
Time in oven, 10 minutes. Temperature, 425°. Servings, 4.

BROCIOLE (Italian)

1½ pounds round steak
Melted lard
¼ cup grated cheese
¼ cup bread crumbs
Black pepper, salt
1 tablespoon chopped parsley
1 hard-cooked egg
1 clove of garlic or small onion
1 tablespoon catsup
1 tablespoon flour
1 pint tomato pulp
1 cup dry macaroni

Have the steak cut very thin, brush with melted lard, sprinkle with cheese, bread crumbs, pepper, salt, and parsley. Add sliced egg. Roll steak up tightly, tie firmly with a string. Sear in hot greased skillet with a clove of garlic or onion. Remove the meat, and add to the skillet catsup and flour. Stir until smooth and add tomato pulp. Return the meat, and simmer in moderate oven until tender. Boil macaroni in salted water until tender — about twenty-five minutes. Drain and rinse with cold water, place on platter with meat, sprinkle thickly with grated cheese, and spread with tomato sauce from the meat. Serve hot.
Time in oven, 1 hour. Temperature, 300°. Servings, 6.

CHOP SUEY

¼ pound bacon
2 cups diced celery
3 cups sliced onions
1 small green pepper
1 pound steak
⅓ cup rice
1 cup noodles

Dice bacon, put in a hot frying-pan and cook until crisp and brown; remove from fat. Cook celery, onions, and chopped green pepper in the fat until brown; remove from fat. In the frying-pan cook steak, either Hamburg, or cut in small cubes, and add to other ingredients. Cook rice and noodles together in salted water, adding noodles after rice has cooked ten minutes. Drain, and add to steak. Season well to taste. This may be reheated in casserole in oven. Servings, 6.

CURRY OF MEAT

1 onion
2 tablespoons fat
2 cups tomato
Juice of ½ lemon
1 cup meat cut in cubes
¾ teaspoon curry powder
½ cup milk

Cook the onion in the fat. Add tomato, lemon juice, cooked meat cut in cubes, and curry powder moistened with cold water. Simmer twenty minutes. Stir in the cold milk and reheat. Serve with a border of boiled rice and fresh banana. Servings, 2.

DRIED BEEF AND CELERY

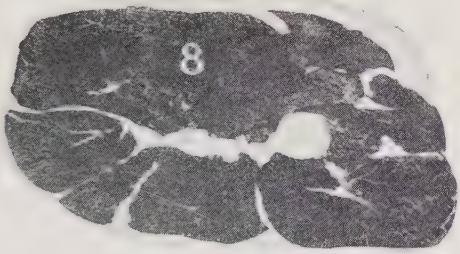
2 cups diced celery
1 cup water from celery
4 ounces beef
1 cup milk
2 tablespoons flour
1 tablespoon butter

Use outer stalks of celery. Boil until tender and save one cup of the water. Add dried beef to the celery water, simmer gently for five minutes and drain. Make white sauce of milk, flour, and butter, and add to the celery and beef. Cook ten minutes or more in double boiler. Serve with toast or with baked potatoes. Servings, 6.

CREAM DRIED BEEF IN POPOVER CASES

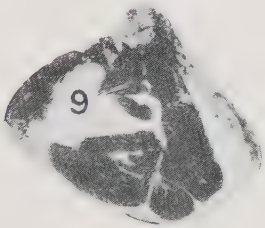
¼ pound smoked dried beef
1½ cups sweet milk
6 tablespoons flour
1 tablespoon butter

HIND QUARTER CUTS



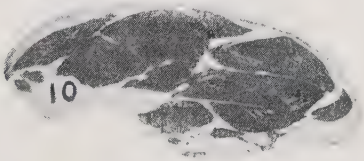
THE ROUND

This is an economical cut because of the little waste. It is juicy and of good flavor. It is used for steaks, pot roasts, and stews.



THE RUMP

The rump is a solid, juicy, well-flavored meat. The back makes good roasts and steaks, while the middle and face are better adapted for pot roasts and stews.



THE SIRLOIN

The sirloin is an expensive cut of beef but it is tender, juicy, and full-flavored and has little waste. It is cut into steaks and roasts. The hip-bone sirloin, the cut next to the tenderloin, is best, and the flat-bone sirloin comes next.

Pour boiling water over the beef and let stand five minutes. Mix milk and flour and cook three minutes. Add butter, and dried beef, and cook ten minutes. Cut slice from top of popovers and fill with the creamed beef. Place a dot of butter on top and dust lightly with paprika. Servings, 6.

DRIED BEEF AND SWEET POTATOES

6 boiled sweet potatoes, sliced
1 pound dried beef
1 cup soft bread crumbs
1½ cups rich milk

Arrange in a baking dish layers of sweet potatoes, beef, and crumbs, having the top layer crumbs. Pour milk over all. Bake in a moderate oven.
Time in oven, 1 hour. Temperature, 350°. Servings, 4.

DUTCH ROLL

1½ pounds Hamburg — half veal, half beef
1 cup bread crumbs
½ cup water
1 egg, beaten
1 teaspoon celery salt or dried leaves
Salt, cayenne, mustard
Salt pork

Mix all ingredients except salt pork, seasoning well to taste, and put into pan which has been lined with two or three narrow strips of salt pork. Lay a few more thin slices of salt pork on top. Bake in a moderate oven. Serve hot or cold.
Time in oven, 2 hours. Temperature, 350°. Servings, 6.

FRIKADELLER (Danish)

¾ pound round steak
⅛ pound suet
1 small onion
Salt and pepper
1 tablespoon flour
1 cup rich milk

Put the meat, suet, and onion through food chopper twice. Add salt and pepper to taste, and flour. Mix thoroughly. Gradually add milk, stirring until light. Dip a spoon into hot grease and shape meat into oblong cakes. Sauté slowly on a hot greased skillet, until browned. Serve with vegetables. Servings, 6.

GARDEN ROAST

2 pounds stew beef
½ cup sliced onion
2 cups water
1 carrot
½ cup parsnips
1½ cups turnip
2 cups water
1 teaspoon salt
Pepper
4 tablespoons flour

Sear beef in a very hot pan until well browned, and put into casserole, bean pot, or covered kettle. Brown onion in pan and add two cups water, pour over beef, and add other vegetables, which have been diced. Sprinkle with salt and pepper. Cover, and bake in moderate oven, or simmer. Thicken liquid with the flour for gravy.
Time in cooking, 2 hours. Temperature of oven, 325°. Servings, 8.

HOT POT

1 pound beef, inexpensive cut
2 cups diced raw potatoes
1 cup carrots, cut in cubes
1 cup onions
1 teaspoon salt
¼ teaspoon pepper

Cook meat slowly in water to cover. When tender allow it to cool and cut into small pieces. Add vegetables and seasonings. Place in a baking dish, cover with a gravy made by thickening the broth slightly with flour. Bake in moderate oven or fireless cooker.
Time in oven, or fireless cooker, 2 hours. Temperature of oven, 325°. Servings, 4.

MEAT CROQUETTES

2 tablespoons fat
1 tablespoon chopped onion
4 tablespoons flour
1 cup milk
Seasoning to taste
1 cup cold chopped meat
Bread crumbs, rice, or potatoes

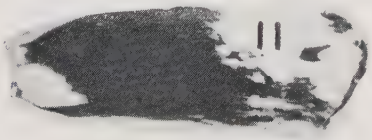
Put fat in frying-pan, add chopped onion and cook until light brown. Remove from fire, rub flour into fat, then gradually add milk, and cook until it thickens, stirring constantly. Season to taste and add the chopped meat. Cool, and add enough bread crumbs, cooked rice or potato so that the mix-

PORTERHOUSE STEAK

A Porterhouse is generally considered the choicest of steaks. The meat is tender, juicy, and of good flavor, and the cut contains more tenderloin than any other steak. It is particularly expensive because the proportion of bone it contains is very large. A Porterhouse steak should be cut thick for the best results.

CLUB STEAK

This is the smallest steak that can be cut from the loin. It contains little or no tenderloin. The name Delmonico steak is sometimes applied to this cut. Like all steaks from the loin it is best cooked by broiling directly over the fire, or by pan broiling.



FLANK STEAK

The Flank is an inexpensive meat that is very good in flavor. It is one of the coarse-fibered cuts and must be prepared by long, slow cooking. It is often used for stews and Swiss steak. It is sometimes stuffed by being spread with dressing and rolled, or by having dressing inserted in a pocket cut in the meat. The flank is also used for corning.

ture can be molded in form of croquettes. Dip croquettes in crumbs, egg, and crumbs again and fry until brown in hot fat. Serve with cream sauce or Tomato Sauce (see page 239). Any left-over meat may be used and seasoned with chopped green peppers, pimiento, chopped olives, or celery. Time in cooking, 4 minutes, each. Temperature of fat, 370°. Servings, 6.

MEAT LOAF

2 cups ground meat
½ cup minced onion
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
1 cup canned tomato soup
½ cup bread or cracker crumbs

Mix all ingredients thoroughly. Press into a greased loaf tin and bake in moderate oven. This will keep in the refrigerator several days and makes excellent sandwiches.
Time in oven, 1 hour. Temperature, 325°. Servings, 8.

MEAT SOUFFLÉ

3 tablespoons butter
3 tablespoons flour
1 cup milk
2 eggs
1 cup chopped cooked meat
Few drops onion juice
Salt and pepper

Melt butter, add flour, and blend thoroughly. Add milk gradually and stir until smooth. Bring to boiling point. Remove from fire, and add egg yolks slightly beaten. Add meat and seasonings, fold in egg whites stiffly beaten and bake in a moderate oven until firm.
Time in oven, 30 minutes. Temperature, 325°. Servings, 4.

MOCK DUCK

5 thick slices bread
1 large onion
1 tablespoon butter
½ cup diced celery
5 boiled potatoes (cold)
1 teaspoon chopped parsley
2 pounds round steak

Soak the bread and squeeze out the water. Add the onion which has been browned in the butter, the celery and potatoes cut into dice, and parsley. Mix thoroughly, season to taste,

and if too dry, add a little milk. Spread the mixture over the steak, roll and tie. Sear the outside in a smoking hot pan, put in a roaster, add a little water and place in a moderate oven. Baste from time to time until tender. Place on a serving dish, thicken the gravy, and pour over the steak.
Time in oven, 1½ hours. Temperature, 350°. Servings, 8.

POTTED MEAT

2 cups finely chopped meat
3 tablespoons butter
½ teaspoon salt
½ teaspoon mustard
2 tablespoons lemon juice
Speck pepper

Any two or more kinds of cold meats may be used. Cream butter and add seasonings, add to meat, and rub to a paste. Pack in tumblers that have been wet in cold water, pour over a little melted suet, and put in a cold place. Serve cold, cut in slices. Servings, 8.

OXTAIL WITH VEGETABLES

1 oxtail
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
1 pint meat stock
1 pint tomatoes
1 cup sliced onions
1 cup diced carrots
1 cup diced white turnips
1 bay leaf
2 cloves
1 cup potatoes

Separate oxtail into pieces about two inches long. Put fat, salt, and pepper in a frying-pan and brown the oxtail in it slowly. Dredge with flour and cook five minutes longer. Add meat stock, vegetables, and seasonings. Cover, and cook in moderate oven one and one-half hours. Add potatoes and cook three-quarters hour longer. Arrange meat and vegetables on a platter. Thicken gravy and serve with it. Total time in oven, 2¼ hours. Temperature of oven, 350°. Servings, 6.

SAILORS' STEW

1 pound beef
4 cups water
1 medium onion
2 teaspoons salt
¼ teaspoon pepper
3 pounds potatoes

Grind beef. Put it with two cups of cold water into a covered kettle. Mix well and bring to boil, stirring constantly to prevent lumping. Then cover and simmer five minutes. Cut onion fine, add to the boiling meat with the rest of the water, salt and pepper, and simmer one hour and a half. Add the potatoes peeled and cut in cubes, the last thirty minutes of the cooking. Servings, 4.

SAUER BRAUTEN

1 cup water
1 cup vinegar
3 pounds round steak
2 large onions
1 teaspoon salt
8 bay leaves
12 cloves
⅛ teaspoon pepper

Pour water and vinegar over meat, slice onion over it, and add other ingredients. Allow to stand forty-eight hours, turning several times. Remove from the liquid and cook like a pot roast. Servings, 8.

TAMALE PIE

2 cups chopped cooked meat
1 small onion, chopped
1 small green pepper or pimiento
2 cups tomato sauce
Salt, paprika, Tabasco sauce
½ cup corn meal
1½ cups boiling water
1 teaspoon salt
½ cup grated cheese
¼ cup chopped olives

Put meat, onion, and pepper through food chopper twice. Mix with half the tomato sauce, season highly with salt, paprika, and Tabasco sauce. Sprinkle corn meal in boiling salted water, stir until thickened, and cook in double boiler twenty minutes. Line greased baking dish with the corn meal mush, fill with meat mixture and sprinkle with cheese. Add chopped olives and remainder of sauce. Cover with mush. Heat in moderately hot oven and serve.
Time in oven, 10 minutes. Temperature, 375°. Servings, 8.

TONGUE AND MUSHROOMS

½ teaspoon extract of beef, or 2 bouillon cubes
1½ cups water
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons lemon juice
2 tablespoons flour
1 cup diced mushrooms
2 cups diced tongue

Dissolve extract of beef, or bouillon cubes in the boiling water. Add seasonings, and thicken with flour mixed with a little cold water. Stir in mushrooms and tongue. Serve very hot. May be served with croustades, toast, patty cases, or with mounds of mashed potato. Servings, 6.

VEAL

Facts to Remember

Veal is the meat from a young calf. It is at its best when the animal is from six weeks to three months old. "Bob veal," meat from a calf younger than six weeks, is unfit for food.

Good veal is pink in color and contains a small proportion of white fat. Bob veal may be distinguished from the meat of an older animal by its lack of color.

The keeping quality of veal is poor. The meat should be used soon after it is dressed.

Veal should always be thoroughly cooked. Long cooking at a low temperature is best to soften the connective tissue and make the meat tender and palatable. As with other meats the surface should first be seared to prevent the escape of juices.

Fat should be added during the cooking to supply the deficiency in the composition of the meat. Salt pork and butter give the best flavor.

Veal is bland in flavor and should be served with a well-seasoned sauce or cooked with a stuffing.

The tissues of veal contain a large proportion of gelatine which makes the meat excellent for soup stock. White stock for which many recipes call is made from veal.

The edible organs of the calf are more tender and more delicate in flavor than those of any other animal.

CASSEROLE OF VEAL

1 pound veal
½ pound salt pork
6 medium sized potatoes
2 onions

Chop veal and salt pork. Mix and sear. Arrange in layers, with the potato and onion in a casserole dish. Cover with water and bake in a moderate oven.
Time in oven, 3 hours. Temperature, 300°. Servings, 6.

CHOPS À LA REINE

2 onions
1½ cups drippings or bacon fat
1½ pounds veal chops or cutlets
2 tomatoes
1 pint milk
Salt, pepper

Chop onion and put into a frying-pan with drippings and cook until onions are yellow. Add meat, partially cook it, and add pulp of two tomatoes, or three-fourths cup of canned tomato, the milk, and salt and pepper to taste. Cook about ten minutes longer, remove the meat, and finish cooking sauce until thick. Season highly and serve. Servings, 6.

HUNGARIAN GOULASH

1 pound veal, or other lean meat
Drippings
1 cup small onions
3 tablespoons flour
1½ cups boiling water
1 cup cut white turnip
1 cup cut celery
2 cups cut potatoes

Cut veal in small pieces. Melt a tablespoon of drippings in frying-pan, add veal and sauté until well browned; then remove to casserole. Add four tablespoons drippings to pan and cook onions until slightly browned then add to veal. Stir flour into drippings and reserve for thickening. Add boiling water to veal, cover and bake in moderate oven. An hour before serving add remaining vegetables, bring to boil over fire, and return to oven. Before serving, thicken liquid.
Time in oven, 3 hours. Temperature, 300°. Servings, 6.

VEAL BIRDS

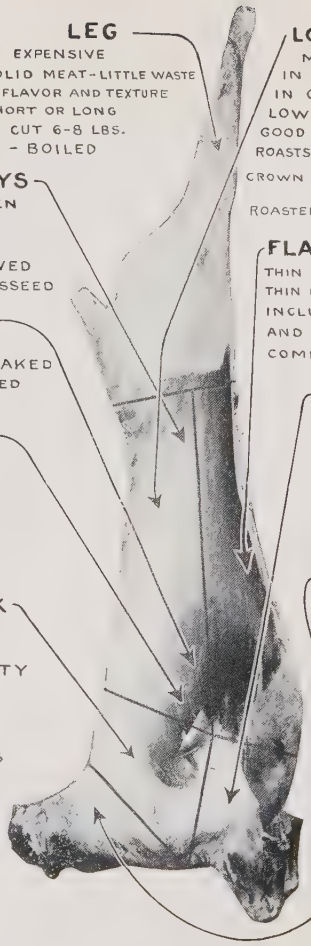
Use three-inch squares of veal steak. Spread each piece with stuffing, keeping it away from the edges. An ordinary bread stuffing may be used. A slice of bacon may be substituted for the stuffing, or the squares may be sprinkled with flour, salt and pepper. Roll the squares tightly, fasten with skewers, and sear in a frying-pan with a small amount of fat. When brown, half cover with milk or water, and cook in

moderate oven until tender. Remove the " birds " to a hot platter, thicken the liquid with flour, and serve the sauce around them.
Time in oven, 1 hour. Temperature, 325°.

VEAL AND HAM PIE

1 pound cooked veal
1 tablespoon poultry seasoning
⅛ teaspoon nutmeg
Pepper and salt to taste
¼ pound boiled ham
1 cup cold water
½ teaspoon minced lemon peel
Pastry

Cut veal in very small pieces, put a layer in a pie dish, sprinkle with seasonings, and put in a layer of thinly sliced ham. Repeat until all of the meat is used and add water. Cover with a rich pastry and brush over with beaten egg. Bake in a moderately hot oven. Serve either hot or cold.
Time in oven, 1 hour. Temperature, 375°. Servings, 6.


LEG
EXPENSIVE
SOLID MEAT - LITTLE WASTE
FINE FLAVOR AND TEXTURE
CUT SHORT OR LONG
AVERAGE CUT 6-8 LBS.
ROASTED - BOILED
LOIN
MEDIUM
IN PRICE - HIGH
IN QUALITY
LOW IN WASTE
GOOD IN FLAVOR - TENDER
ROASTS - CHOPS { KIDNEY 3 TO A LB.
RIB 4 TO A LB.
CROWN ROAST AVERAGES
12 - 24 CHOPS
ROASTED - BROILED - PAN FRIED
KIDNEYS
BY THE DOZEN
ECONOMICAL
GOOD FLAVOR
SAUTÉD - STEWED
BROILED - FRICASSEED
FLANK (OR PLATE)
THIN PART BELOW LOIN - TOUGH
THIN LAYERS OF MUSCLE AND FAT
INCLUDES BREAST FOR STEWS
AND SOUPS - BUY ONLY AS IT
COMES ON OTHER CUTS
HEART
ECONOMICAL
STUFFED AND BAKED
FRIED THEN COOKED
IN WATER
SHOULDER
GOOD FLAVOR
BONED - ROLLED AND
STUFFED
AVERAGES 5 - 9 LBS.
ROAST OR
CHOPS
LIVER
GOOD FLAVOR
SUBSTITUTE FOR
CALVES LIVER
BOILED - SAUTÉD
BAKED - BRAISED
CHUCK
OR RACK
UP IN PRICE
UP IN
QUALITY
RIB
ROASTS
RIB
CHOPS
NECK
CHEAPEST
TOUGH
FINE IN
FLAVOR
RICH IN
EXTRACTIVES
BROTHS
SOUPS
STEWS
CASSEROLE
FRICASSEES

LAMB CHART

LAMB AND MUTTON

Facts to Remember about Lamb

Lamb is the flesh of sheep under a year old. Above that age it is called mutton. Spring lamb is six weeks to three months old. It comes into the market in March to July. The best mutton is cut from sheep about three years old. Under that age it lacks flavor and is likely to be tough. Lamb may be judged by the leg joint. This joint is jagged in the young animal but becomes smooth and round in mutton.

Lamb should be of fine, firm fiber, light pink in color. The bones are pink or slightly streaked with red. It contains only a small amount of fat.

Mutton is deeper red in color and the bones are white. It contains a considerable amount of fat which should be firm, white and flaky.

A leg of lamb makes the best roast. It is relatively high in price but except for the single bone is practically all solid meat. The forequarter is often used for stews and soup but it also makes a good roast. It is most satisfactory for this purpose if boned and rolled.

Rib chops are cut from the forequarter, loin chops from the hind quarter. The edible portion is greater in the latter but the price is higher.

Rib chops in which the bone has been scraped clean nearly to the lean meat are called French chops.

A crown roast of lamb consists of pieces of loin from each side, each containing the same number of ribs. They are carefully trimmed and fastened together in the form of a circle.

A saddle of mutton consists of the two sides of the loin cut off before the backbone is split.

LAMB BROCHETTES

Have lamb from the forequarter cut into inch cubes. String these on metal skewers, alternating the lamb with narrower pieces of salt pork. Broil and serve as chops on the skewers.

LAMB IN CASSEROLE

2 to 3 pounds lamb from forequarter (weighed without bone)
Flour, salt, pepper
2 tablespoons dripping
¼ cup carrots (finely chopped)
2 tablespoons onion (finely chopped)
2 tablespoons parsley (finely chopped)

Cut lamb in uniform pieces, roll in seasoned flour, and brown in drippings. Place in casserole, add carrots, onion, and parsley and cover with cold water. Cook in moderate oven until meat is tender. Add more seasonings if necessary. Thicken the gravy with flour if desired.
Time in oven, 1½ hours. Temperature, 350°. Servings, 8.

LAMB CHOPS À LA RECTOR

Broil French chops on one side until partly done. On the uncooked side spread Soubise mixture, made by mixing one-half cup bread crumbs, with three or more cooked and chopped onions, moistened with hot water and seasoned with salt and pepper. Cover the whole with bread crumbs. Bake in moderately hot oven.
Time in oven, 20 minutes. Temperature, 375°.

LAMB CROQUETTES

4 tablespoons butter
4 tablespoons flour
1 cup water
1 cup minced lamb
½ teaspoon poultry dressing
⅛ teaspoon pepper
1 teaspoon grated onion
1 teaspoon salt

Melt butter and brown the flour in it. Add water and cook until very thick. Add meat and seasonings. Spread on a shallow pan, and when cool shape into croquettes. Roll in flour, egg, and crumbs. Fry in deep fat.
Time in cooking, 4 minutes each. Temperature of fat, 370°. Servings, 4.

FILLET OF LAMB

2 pounds lamb from forequarter
3 tablespoons cooking oil
3 tablespoons vinegar
2 tablespoons minced onion
2 tablespoons minced parsley

Remove bone from forequarter, cut meat in strips, and pound flat. Mix oil and vinegar with seasonings, and pour over prepared meat. Let stand overnight. Sauté in a hot pan until brown and well cooked. Servings, 6.

LAMB PIE

1 cup sliced onion
2 cups lamb stock
2 cups cooked lamb cut in cubes
¼ cup pimiento catsup, or
¼ cup diced red or green pepper
Salt, pepper
1½ cups sliced potato

Cook onion ten minutes in lamb stock, and add cold roast lamb, cut in cubes, seasonings, and potatoes. Cook ten minutes longer. Pour into a baking dish, cover with the crust and bake in a moderately hot oven.
Time in oven, 20 minutes. Temperature, 360°. Servings, 6.

CRUST FOR LAMB PIE

1 cup cold boiled rice
½ cup milk
2 eggs
1½ cups flour
1 teaspoon sugar
½ teaspoon salt
1 teaspoon baking powder
1 tablespoon melted butter

Mix rice and milk until smooth, add beaten egg yolks, sifted dry ingredients, and melted butter. Beat hard, and fold in stiffly beaten whites.

LAMB, ORIENTAL STYLE

1 pound shoulder of lamb
1 cup string beans
¼ cup chopped onion
2 cups canned tomatoes
⅛ teaspoon pepper
2 teaspoons salt
1 cup lamb broth
6 tablespoons flour
Parsley

Cut lamb in two-inch pieces, brown in hot greased frying-pan and put in casserole. If green beans are used, wash, cut in one-inch pieces before measuring and add to lamb. If canned beans are used, add fifteen minutes before serving. Put onions, tomatoes, pepper, salt, and lamb broth in casserole with lamb. Cook until tender in moderate oven. Remove meat and vegetables to centre of platter. Thicken liquid for sauce with flour stirred to a paste with cold water. Make

a border of steamed rice around the outside of platter, and pour boiling sauce over meat. Sprinkle with chopped parsley and serve at once. A simpler method is to parboil one-half cup of rice for two or three minutes in broth or water; then turn into casserole about forty minutes before serving.
Time in oven, 2 hours. Temperature, 350°. Servings, 4.

SHEPHERD'S PIE

1½ pounds lamb
1 cup sliced onions
½ cup cut carrots
2 teaspoons salt
⅛ teaspoon pepper
2 tablespoons flour
1 quart potatoes
2 tablespoons parsley

Wipe meat, put on to boil with two quarts water, cook slowly one hour. Add vegetables, except potatoes, and seasonings. Cook until tender, remove four cups of stock for soup; to the remainder in the kettle add flour thickening and boil five minutes. Boil and mash potatoes, put around edge of an agate platter and the meat in centre. Dust with paprika and brown in moderately hot oven. Sprinkle with parsley.
Time in oven, 10 minutes. Temperature, 375°. Servings, 6.

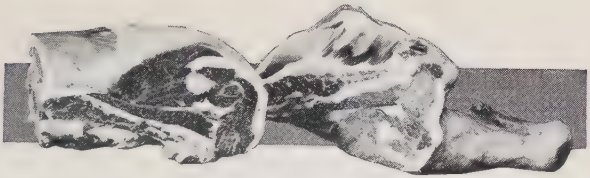
STUFFED SHOULDER OF LAMB

4¼ pounds forequarter lamb

Stuffing

1 cup mashed potato
½ cup stock or water
½ teaspoon salt
1 cup dry bread crumbs
½ teaspoon poultry dressing
¼ teaspoon celery salt

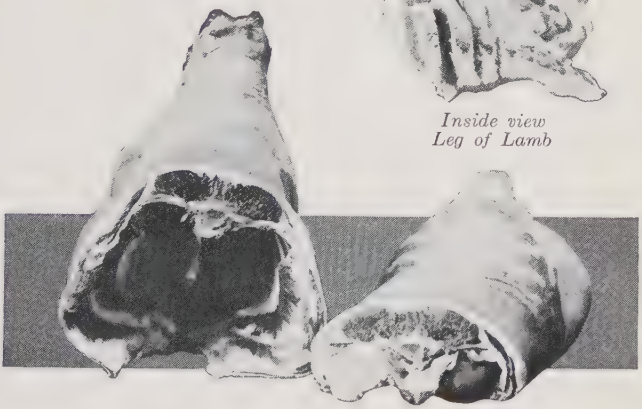
Have bone removed from lamb. Spread stuffing on meat, roll, and tie securely. Rub with scraped onion and squeeze a little lemon juice over it, dredge with salt and flour. When half done spread with a little currant or other tart jelly; this makes it more tender and also gives a delicious flavor to the roast and the gravy. Cook in a moderate oven until tender. Baste often unless a covered roaster is used.
Time in oven, 1½ hours. Temperature, 350°. Servings, 12.



Back half of forequarter

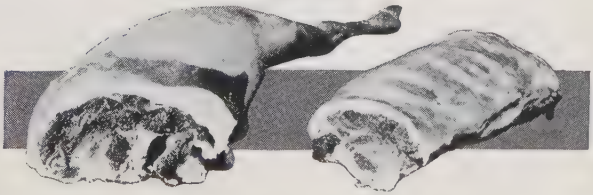
Front half of forequarter

Inside view Leg of Lamb



Lamb rack

Lamb Saddle



Leg of Lamb

Loin of Lamb

BROWN FRICASSEE OF SHEEP'S TONGUE

4 sheep's tongues
Boiling water
Salt, pepper
3 tablespoons flour
3 tablespoons butter or drippings
1 teaspoon finely chopped onion
2 cups stock
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon lemon juice

Wash tongues carefully, put into a stewpan, cover with boiling water, cover, and simmer for two hours. Cool, remove skin, cut in two lengthwise, sprinkle with salt and pepper and put in a cold place until next day. Roll tongues in some of the flour, sauté in butter with onion until a rich brown and remove from pan. Put rest of flour in frying-pan, and add one pint of stock to make gravy. Season with salt, pepper, and lemon juice. Serve with boiled rice. Servings, 8.

FRIED MUTTON

Thick slices from leg of mutton
Onions
Speck pepper
Speck nutmeg
Oil and vinegar
Bread crumbs
Celery salt, pepper
2 tablespoons chopped onion
Minced parsley
Egg (beaten)

Cut some rather thick slices from a cooked leg of mutton, remove the fat and skin and trim them so that they will be even in size. About an hour before they are required place them in a deep dish with slices of onions between the pieces, a little black pepper and a little nutmeg sprinkled over them. Cover with oil and vinegar mixed together in the proportion of three tablespoons of oil to one of vinegar. Season a small quantity of fine white bread crumbs with celery salt and pepper, and mix them with chopped onion and minced parsley. Take the pieces of meat from the vinegar and oil, wipe them, dip into beaten egg, then into bread crumb mixture, covering thickly with the crumbs. Then set them away for twenty minutes to allow the crumbs to partially dry. Fry quickly in deep fat. Drain and serve.
Time in cooking, 3 minutes each. Temperature of fat, 365°.

PORK

Facts to Remember about Pork

When pork is in proper condition the skin and fat are white and clear, except the kidney or leaf lard which is slightly pinkish in hue. The flesh is composed of fine-grained tissues and is pink in color.

The thicker the skin of pork the older the animal from which it was cut.

Pork contains a larger proportion of fat than any other meat. Consequently its food value is higher and special care should be taken in selecting other foods to combine with it.

Pork should always be thoroughly cooked. It is not only distasteful but even dangerous to health when underdone.

Ham that is very salt should be freshened before cooking. A slice is freshened by being covered with cold water and brought slowly to the simmering point. A whole ham should stand in cold water over night or at least for several hours.

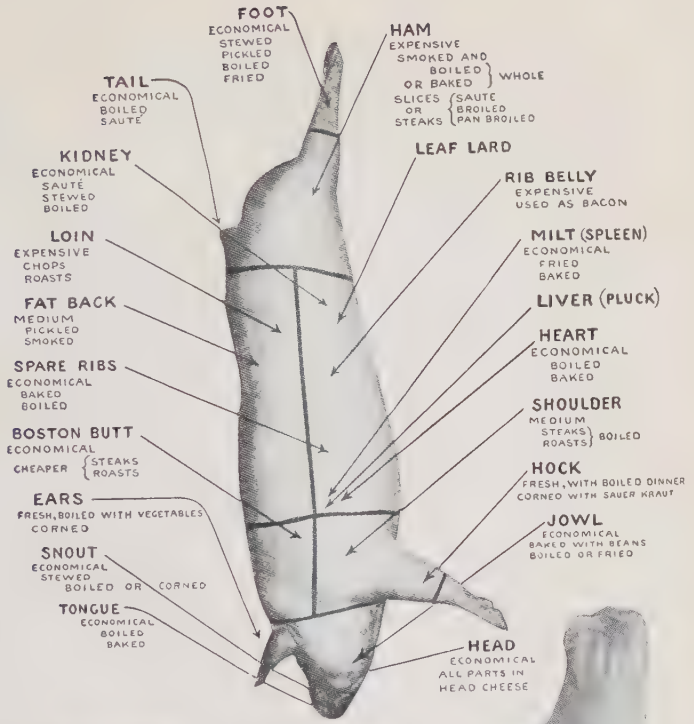
ROAST PIG

Scrape and wash the pig. Rub dry with a fresh cloth and dust the inside with salt and pepper. Stuff, and sew up the incision. Fasten the feet together. Before putting in the roasting pan, place a wedge in the mouth to keep it open to receive an apple, orange, or lemon as garnish when served. Use a rack of wood or metal in the roasting pan to lift the meat out of the dripping juices during the cooking process. Put the pig in feet upwards. Baste often unless you use a covered roaster. Slash the skin around the neck before putting the pig on the platter, so that the moisture may evaporate and the skin keep its crispness. Allow about twenty minutes per pound and use an oven temperature of 450° reducing toward the end of the cooking period.

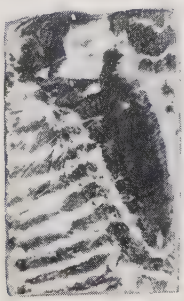
BREADED PORK CHOPS

6 pork chops	2 tablespoons lard
Fine, dry bread crumbs	Salt, pepper
1 medium sized onion	½ lemon

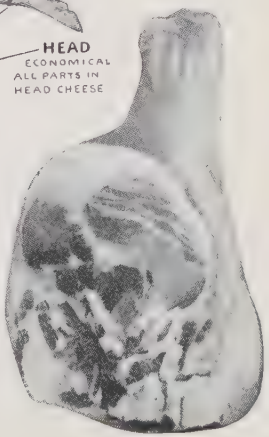
Use lean chops, cut rather thick. Roll in crumbs. Slice onion and cook in lard, or pork drippings until slightly brown. Arrange chops in the pan, sprinkle with salt, pepper, and



PORK CHART



A side of bacon. This shows a good mixture of fat and lean



A ham cured, smoked and trimmed, and ready for use

lemon juice. Brown one side, turn, and add water almost to cover, and cook in a moderate oven until tender, removing the cover for the last fifteen minutes.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

CASSEROLE OF PORK CHOPS AND SWEET POTATO

1 pound pork chops
6 sweet potatoes
2 medium onions
3 tablespoons flour
Salt and pepper

Cut chops in pieces. Slice raw sweet potatoes and onions. Arrange in layers in casserole, sprinkle each layer with flour, salt and pepper. Cover with water. Cook in moderate oven. Time in oven, 2 hours. Temperature, 350°. Servings, 5.

CHOP SUEY

1 pound chicken (or veal)
2 cups celery
1 cup Spanish onion
4 tablespoons butter (melted)
1 pound pork tenderloin
1 can mushrooms
½ cup salted peanuts
2 tablespoons kitchen bouquet
1 cup water and liquid from mushrooms
2 tablespoons flour

Cut veal or chicken, celery, and onions in one-half-inch pieces. Combine with melted butter. Cut tenderloin, sauté separately and add to the first mixture. Add the other ingredients, except flour, and cook slowly until meat is tender. Thicken liquid with two tablespoons flour. Serve on rice. Servings, 6.

CREOLE JAMBALAYA

2 tablespoons minced salt pork
1 cup chopped onions
1 cup diced cooked ham
½ pound sausage meat
2 tablespoons finely chopped parsley
Small bay leaf
Pinch ground clove
½ teaspoon chili powder
1½ teaspoons salt
Speck cayenne
1 quart water
½ cup rice

Cook pork and onions in frying-pan until brown. Add ham, sausage meat, and seasonings. Cook slowly until browned. Add water and well-washed rice, and cook until rice is soft, stirring frequently. Servings, 6.

ENGLISH PORK PIE

2 pounds lean pork
4 hard-cooked eggs (sliced)
2 small onions
1 teaspoon salt
¼ teaspooon pepper
½ teaspoon ground nutmeg
Flour to thicken
Pastry

Stew pork slowly for forty minutes in salted water or stock to cover. Let cool in liquid, then take out and cut in cubes. Put meat in deep baking dish and cover with hard-cooked eggs. Strain liquor, add onions, salt, pepper, and nutmeg. Thicken with flour, if liked (in proportion of one tablespoon to one cup liquid), and pour into pie. Cover with plain pastry rolled rather thick, perforate for escape of steam and bake in moderately hot oven until brown.
Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

FRENCH PORK STEW

1 pound lean fresh pork
2 cups diced potatoes
1 cup diced onion
Water
Salt, pepper

Cut pork in small pieces, add potatoes, onions, and cover with water. Add salt and pepper to taste and cook slowly forty-five minutes. Servings, 6.

BACON

BACON WITH CELERY ON TOAST

1½ cups milk
3 tablespoons flour
2 tablespoons butter or bacon fat
1½ cups diced celery
Toast
Bacon

Make white sauce of first three ingredients, season well and add celery. Pour over four or six pieces of toast laid in a dripping pan. Place one or two slices of bacon on each serving, cook slowly under broiler, turning bacon once. Serve hot for breakfast. Servings, 4.

BACON CURLS

Place strips of very thinly cut bacon in a hot skillet. Cook until bacon is crisp and brown on both sides.

BACON AND SCRAMBLED RICE

6 slices bacon
2 cups cooked rice
2 tablespoons milk
2 eggs
Pinch pepper

Pan broil bacon, lift from pan and put in warming oven where it will keep hot. Add the rice to fat in the pan (if there is more than is desired, pour off part of it) and stir with fork until hot. Add two tablespoons milk, two well beaten eggs, and pepper. Stir a moment longer, then remove from pan and arrange the rice in centre of platter, with bacon as a border around the edge. Servings, 6.

BACON AND SWEET POTATOES

Parboil the potatoes, peel, and slice. Put an inch layer in a baking pan, and over them a single layer of thinly sliced bacon. Then add another layer of potatoes and bacon, and so on, having bacon on top. Add a cup of water or beef gravy, cover, and bake in moderately hot oven until the bacon on top is brown.
Time in oven, 1 hour. Temperature, 375°.

HAM

FRESH HAM, ROASTED

Small end of fresh ham
1 egg (beaten)
Bread crumbs
Brown sugar
Salt and pepper
1 tablespoon vinegar

Trim the ham neatly and place in a dripping pan with a little hot water. Bake until water has simmered away; then rub the ham with beaten egg and fresh fine bread crumbs mixed with a little brown sugar. Sprinkle flour in the pan and dust the meat with pepper and salt. Bake in moderately

hot oven until tender. For the gravy, add a little hot water to the juices in the pan and cook until slightly thickened. Season with salt and pepper and a tablespoon of vinegar. Time, 20 minutes to each pound and an additional 15 minutes. Temperature, 375°. Servings, 6.

HAM TOMATO TOAST

1 tablespoon chopped onion
1 tablespoon chopped green pepper
2 tablespoons butter
1½ cups stewed tomatoes
½ cup ground ham
1 egg

Cook onion and pepper in butter until soft, add tomato, and simmer ten minutes. Add ham, and egg slightly beaten. Cook until egg has thickened mixture and pour over slices of crisp toast. Servings, 2.

HAM WITH SCALLOPED POTATOES

⅓ cup ham fat
⅓ cup flour
4 cups hot milk
1½ teaspoons salt
¼ teaspoon pepper
2 tablespoons minced parsley
6 cups diced cold potatoes
2 cups diced ham

Melt ham fat, add flour, and stir until smooth. Add hot milk and bring to boil, stirring constantly, and add seasonings. Cut cold boiled potatoes in half-inch dice and cooked ham in dice or small pieces. Put potatoes and ham in baking dish or casserole, add sauce and bake in a moderately hot oven. Time in oven, 20 minutes. Temperature, 375°. Servings, 8.

HAM WITH SPAGHETTI

1½ cups spaghetti
1 tablespoon minced onion
4 tablespoons fat
4 tablespoons flour
3 cups tomato
¾ teaspoon salt
⅛ teaspoon pepper
1 cup grated cheese
Broiled ham

Break spaghetti in inch pieces before measuring. Cook in two quarts boiling water until done. Brown onion slightly in fat, stir in flour, add tomato and cook five minutes. Add seasoning and cheese. Serve with slices of broiled ham. Servings, 4.

HAM WITH SWEET POTATOES

1 pound ham
2 cups sliced sweet potatoes
¾ cup sugar
¾ cup water

Have the ham cut in a slice about two inches thick, put into cold water and bring to simmering point. Pare and slice the sweet potatoes. Cut ham into pieces for serving, but fit into bottom of baking dish as one slice. Put in potatoes, sprinkle sugar over them, and pour hot water over all. Bake in a moderate oven, basting often with the syrup in dish.
Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

PROVIDENCE HAM

1 tablespoon mustard (dry)
1 tablespoon brown sugar
1 slice ham
½ cup milk

Mix mustard and sugar with enough water to make a paste. Put ham in baking dish and rub over with paste. Add milk. Bake in a moderate oven until ham is thoroughly done.
Time in oven, 1 hour. Temperature, 350°. Servings, 4.

ROYAL HAM SCALLOP

3 cups milk
6 tablespoons flour
3 tablespoons butter
2 cups minced ham
1 teaspoon salt
3 hard-cooked eggs
1 tablespoon butter
¼ cup crumbs

Make white sauce of milk, flour, and butter. Add ham and then season. Grease a baking dish, put in a layer of ham, one sliced egg, and a layer of sauce. Repeat until all is used. Melt butter, mix with crumbs, sprinkle over top. Bake in moderately hot oven until hot and crumbs are browned.
Time in oven, 15 minutes. Temperature, 375°. Servings, 6.

STUFFED HAM

1½ cups bread crumbs
½ teaspoon poultry seasoning
1 teaspoon grated onion
1½ pounds ham (a thin slice)
2 tablespoons butter
3 tablespoons flour
2 cups milk

Make dressing of crumbs, seasoning, and onion, moistened with hot water. Spread dressing on ham, roll, and tie securely. Pour cream sauce made of butter, flour, and milk, over prepared ham and bake in moderately hot oven until ham is tender.
Time in oven, 1 hour. Temperature, 375°. Servings, 6.

SAUSAGE

GRILLED SAUSAGES WITH APPLES

1 pound sausages
4 large tart apples

Use either sausages or sausage meat. Cook sausages, remove from fat, and keep warm while cooking apples. Cut apples in one-quarter-inch slices, leaving on the skin. Fry in sausage fat until soft but not broken. Serve sausages on a hot platter, surrounded with the apples. Servings, 6.

SAUSAGES WITH BAKED APPLES

6 large apples
18 small sausages

Core apples and insert one sausage in each apple. Place apples in baking pan and lay the remaining sausages around them. Bake in a hot oven. Choose apples that bake quickly.
Time in oven, 45 minutes. Temperature, 400°. Servings, 8.

YORKSHIREMAN'S DELIGHT

6 slices sausage meat
1 egg
½ cup flour
¼ teaspoon salt
½ cup milk

Have sausage meat cut about one-quarter inch in thickness. Place in bottom of a dripping pan. Beat egg thoroughly, add flour, salt and milk, and beat the batter with an egg beater. Pour batter over sausage. Bake in moderately hot oven.
Time in oven, 40 minutes. Temperature, 375°. Servings, 4.

MEAT AND FISH SAUCES

BROWN SAUCE

2 tablespoons butter
3 tablespoons flour
1 cup stock
Salt
Pepper
Onion juice

Melt butter, add flour, and cook until brown. Add stock gradually and cook until thickened, stirring constantly. Season to taste with salt, pepper, and onion juice. Instead of stock, water to which a bouillon cube or a little beef or vegetable extract has been added may be used.

BROWN BUTTER SAUCE

2 tablespoons butter
1 tablespoon chopped parsley
4 tablespoons lemon juice

Melt butter and when it begins to brown, add chopped parsley, lemon juice, or tarragon vinegar. Serve hot.

BREAD SAUCE

¾ cup milk
Bit of mace, 3 cloves
Sprig of parsley
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons chopped onion
½ cup soft bread crumbs
2 tablespoons butter

Scald milk with seasonings, cook twenty minutes, strain, add crumbs and butter. Reheat and serve.

CHEESE SAUCE

3 tablespoons butter
3 tablespoons flour
1½ cups hot milk
⅛ teaspoon mustard
⅛ teaspoon paprika
¾ teaspoon salt
A few grains white pepper
½ cup grated cheese

Melt butter, add flour and stir until smooth; then add milk, stirring briskly until free from lumps. Turn into double boiler

and cook twenty minutes or more. Mix seasonings thoroughly, add to sauce with cheese and heat until cheese is melted and sauce perfectly smooth. Use egg beater if sauce is curdled or lumpy.

CHICKEN AND MUSHROOM SAUCE

4 mushroom caps, diced
4 tablespoons butter, oil, or chicken fat
3 tablespoons flour
1 cup milk
¼ teaspoon beef extract
Salt, pepper
1½ cups diced cooked chicken

Wash mushroom stems, boil in water to cover and save the water. Dice mushrooms and fry in fat five minutes. Add flour and brown slightly, add milk, stir until smooth. Dissolve beef extract in water from mushroom stems, strain, add enough water to this to make one-half cup liquid, and add to sauce. Season and add the chicken.

CREOLE SAUCE NO. 1

¼ cup chopped onion
¼ cup chopped green pepper
2 tablespoons cooking oil
1½ cups canned tomato
2 tablespoons chopped pimiento
1 tablespoon sugar
½ teaspoon salt
⅛ teaspoon white pepper

Cook onion and green pepper in the oil for five minutes. Add tomato, pimiento, sugar, and seasonings. Cook slowly until thick.

CREOLE SAUCE NO. 2

1 onion
2 cups tomato
Cayenne, salt
1 cup peas

Slice onion very thin and add to tomatoes. Season very highly, cover and let simmer until onions are soft. Add drained peas and cook five minutes more.

CUCUMBER SAUCE

½ cup heavy cream
¼ teaspoon salt
Few grains cayenne pepper
2 tablespoons vinegar
1 large cucumber

Beat cream until stiff. Add salt, pepper, vinegar, and cucumber, which has been pared, cut very fine, and drained.

CURRANT JELLY SAUCE

To one cup Brown Sauce add four tablespoons currant jelly.

FISH SAUCE

1 cup tomato soup
¼ cup water
2 tablespoons minced onion
Speck cayenne
1 tablespoon minced parsley

Cook the soup, water, and onion together five minutes. Add the cayenne, and after the mixture is put in the serving dish sprinkle the chopped parsley over the top. If liked a little thicker, one tablespoon of flour may be added.

HOLLANDAISE SAUCE

2 egg yolks
1 lemon (juice)
½ cup chicken broth or consommé
¼ cup butter
Salt and cayenne

Beat yolks of eggs, add lemon juice, and broth. Then cook together until thick like custard. Beat in butter, add salt, and cayenne to taste.

MAÎTRE D'HOTÊL SAUCE

1 tablespoon lemon juice
3 tablespoons butter
1 tablespoon chopped parsley
½ teaspoon salt

Mix the lemon juice with the melted butter and parsley. Then add the salt.

MOUSSELINE SAUCE

4 egg yolks
½ cup butter
¼ cup milk
2 tablespoons lemon juice
1 teaspoon salt

Beat egg yolks slightly, put in double boiler, add butter, the milk, and cook until thickened, stirring constantly. Add lemon juice and salt.

MUSHROOM SAUCE

To Brown Sauce add one-quarter pound fresh mushrooms, cut in pieces if large, and sautéd in butter.

OLIVE SAUCE

To one cup Brown Sauce add six stoned olives boiled ten minutes in the stock and one teaspoon grated onion.

CREAMED PEA SAUCE

3 tablespoons cornstarch
2 cups milk
2 tablespoons butter
1 cup peas
Salt and pepper

Moisten cornstarch, add to hot milk and cook fifteen minutes. Then add butter, peas, and seasonings. Serve hot.

PIMIENTO SAUCE

2 cups milk
2 tablespoons butter
4 tablespoons flour
Salt, pepper
1 pimiento

Make white sauce of milk, butter, flour, and seasonings and add mashed pimiento. This is an excellent sauce for asparagus on toast.

SAUCE FOR SALMON LOAF

1 tablespoon cornstarch
1 cup milk
1 teaspoon mustard (prepared)
1 teaspoon tomato catsup
½ teaspoon salt
½ teaspoon paprika
1 egg
1 tablespoon melted butter

Mix cornstarch with milk, add mustard, catsup, salt, and paprika and cook in double boiler until cornstarch taste has disappeared. Add well beaten egg and cook three minutes longer. Add butter and serve.

SOUBISE OR ONION SAUCE

To one cup White Sauce add one cup boiled onions finely chopped, or one cup button onions cooked whole. Reheat.

TARTARE SAUCE

½ teaspoon mustard
1 teaspoon powdered sugar
½ teaspoon salt
Speck cayenne
Yolks of 2 eggs
1½ tablespoons vinegar
½ cup salad oil
½ tablespoon capers
½ tablespoon pickles
½ tablespoon olives
½ tablespoon parsley

Mix dry ingredients, and add beaten egg yolks. Add vinegar and then beat in the oil slowly, a little at a time. Mix remaining ingredients, measured after they have been chopped fine, and add to the first mixture.

TOMATO SAUCE

2 cups strained tomatoes
1 tablespoon butter
1 tablespoon sugar
2 bay leaves
1 tablespoon flour
Salt and pepper to taste

Combine ingredients, cook five minutes and strain.

TOSCA SAUCE

5 tablespoons butter
3 tablespoons flour
1 cup chicken stock
½ cup cream
¼ teaspoon salt
¼ teaspoon paprika
2 egg yolks
½ teaspoon lemon juice

Melt three tablespoons butter, add flour and when well mixed, add slowly chicken stock and cream. Stir until boiling point is reached, add salt, paprika, and just before serving add egg yolks slightly beaten, lemon juice, and the remaining two tablespoons of butter in small pieces.

VINAIGRETTE SAUCE

1 teaspoon salt
½ teaspoon paprika
Few grains cayenne
2 tablespoons vinegar
1 tablespoon tarragon vinegar
½ cup salad oil
1 tablespoon chopped parsley
1 tablespoon chopped pickle
1 tablespoon chopped chives

Mix dry ingredients, add vinegar and oil and beat until thick. Then add remaining ingredients.

WHITE SAUCE (Thin)

2 cups milk
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt

WHITE SAUCE (Medium)

2 cups milk
4 tablespoons butter
6 tablespoons flour
½ teaspoon salt

WHITE SAUCE (Thick)

2 cups milk
4 tablespoons butter
⅔ cup flour
½ teaspoon salt

Scald the milk. Melt butter, add flour and blend thoroughly. Add milk gradually and bring to boiling point, stirring constantly. Add salt.

PICKLES AND RELISHES

CUCUMBER CATSUP

12 large cucumbers
4 onions
4 tablespoons salt
2 tablespoons black pepper
1 quart vinegar
3 tablespoons sugar
1 tablespoon grated horseradish
1 tablespoon celery seed
1 tablespoon mustard seed

Chop cucumbers and onions fine and let stand overnight. Drain, squeeze as dry as possible, and add remaining ingredients. Pack in glass jars and seal.

GRAPE CATSUP

1 pound Concord grapes
4 tablespoons lemon juice
⅓ cup sugar
¼ teaspoon cinnamon

Wash the grapes thoroughly and pick them from the stem. Add just enough water to keep them from burning, and boil until they are soft enough to press through a colander or coarse sieve. Add the other ingredients and boil until thick. Pour into hot sterilized jars and seal.

UNCOOKED CHILI SAUCE

½ peck ripe tomatoes
2 cups celery
2 cups onions
2 red peppers
½ cup salt
1 cup sugar
1 cup white mustard seed
1 tablespoon black pepper
1 tablespoon cinnamon
1 quart vinegar

Chop tomatoes. Cut celery, onions, and red peppers fine. Mix all ingredients together. Pack in glass jars and seal.

INDIAN CHUTNEY

1 pound sour apples (chopped)
1 pound onions (chopped)
1 pound tomatoes (not too ripe) (chopped)
1 pound Sultana raisins (chopped)
1 cup brown sugar
1 cup white sugar
2 teaspoons salt
½ teaspoon black pepper
½ teaspoon cloves
Speck cayenne
2 pieces dried ginger root, chopped

Combine ingredients. Nearly cover with vinegar and cook slowly four hours. Pack in hot sterilized jars and seal.

TOMATO CHUTNEY

2 quarts tart apples (chopped)
2 quarts green tomatoes (chopped)
1 pound raisins
3 cups brown sugar
6 lemons (juice)
Pinch cayenne
2 cups vinegar
2 tablespoons salt
½ ounce ginger root
1 large onion (chopped)

Pare, core, and chop apples. Mix in other ingredients and let stand over night. In morning boil for two and one-half hours, or cook over hot water six hours. Pack in hot sterilized jars and seal.

"BEST" PICCALILLI

1 cup salt
½ peck ripe tomatoes (chopped fine)
½ peck green tomatoes (chopped fine)
6 red sweet peppers (chopped)
6 green sweet peppers (chopped)
12 small onions (chopped)
2 quarts vinegar
3 pints brown sugar
1 teaspoon whole cloves
1 tablespoon mustard seed
1 tablespoon cinnamon

Add salt to tomatoes, let stand four hours, drain, and add remaining ingredients. Boil three-quarters of an hour. Pack in hot sterilized jars and seal or keep in a crock in a cool place.

GRANDMOTHER'S PICCALILLI

4 quarts green tomatoes
½ cup salt
4 onions
3 green peppers
1 red pepper
4 scant cups vinegar
1 cup sugar
1 tablespoon whole cloves
½ teaspoon allspice
½ teaspoon nutmeg
½ teaspoon cinnamon

Slice the tomatoes, sprinkle the salt over them, and let them stand overnight. In the morning drain off the liquor and put tomatoes through the food chopper, using a coarse knife.

Pût onions and peppers through grinder also. Mix vinegar and sugar, stir over fire until sugar dissolves, and bring to a boil. Add chopped mixture, and spices tied up in a cloth. Boil for five minutes, and simmer two hours. Pack in hot sterilized glass jars and seal.

SWEET PICKLED APPLES

Use tart, well-flavored apples. Wipe and cut into halves. Stick each half with three cloves. Make a syrup, using one part sugar to one part vinegar. Use one pound of sugar to two pounds of apples. Put apples into syrup and simmer until tender. Keep in a stone crock.

BLUEBERRY SWEET PICKLE

1½ cups weak vinegar
2 quarts blueberries
½ teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon nutmeg
1 pound of seedless raisins

Combine ingredients and cook slowly one and one-half hours, or until liquid cooks down quite thick. Pack in hot sterilized jars and seal.

CABBAGE SAVORY PICKLE

2 heads white cabbage
2 green sweet peppers
2 red sweet peppers
12 small onions
½ cup salt
3 pints vinegar
2½ cups brown sugar
½ cup black mustard seed
½ cup white mustard seed
2 teaspoons celery

Chop cabbage, peppers, and onions. Add salt. Let stand four hours. Drain, and cover with a hot syrup made of the remaining ingredients. Pack in hot sterilized jars and seal.

PICKLED RED CABBAGE

4 quarts red cabbage
1 quart white onions
12 green peppers
Salt
1 cup white mustard seed
2 cups brown sugar
2 dozen cloves
3 pints vinegar

Chop cabbage, onions, and peppers. Sprinkle lightly with salt and let stand overnight. Drain, add remaining ingredients, and pack in jars and seal.

FAVORITE PICKLES

1 quart raw cabbage
1 quart cooked beets
2 cups sugar
1 tablespoon salt
1 teaspoon black pepper
¼ teaspoon red pepper
1 cup grated horseradish
Vinegar

Chop cabbage and beets, and add remaining ingredients. Cover with vinegar, and pack in jars and seal.

SPICED PICKLED PRUNES

Prunes
½ cup vinegar
½ cup sugar
1 teaspoon mixed pickle spice

Wash prunes and pack loosely into pint jars. For each jar prepare the spiced vinegar, heating it to dissolve the sugar. Add hot water to fill the jars and seal at once. In a week the prunes will be ready to use.

PICKLED TOMATOES

3 cups brown sugar
½ cup water
½ cup vinegar
½ ounce ginger root
½ tablespoon whole cloves
½ tablespoon stick cinnamon
1 quart yellow tomatoes

Boil together sugar, water, vinegar, and spices for five minutes. Pierce tomatoes with fork and boil in syrup fifteen minutes, and let stand overnight. Remove tomatoes from the syrup, and boil it five minutes or until thick; then heat tomatoes in syrup and seal in hot sterilized jars.

SPICED VINEGAR FOR PICKLING

2 tablespoons powdered ginger
2 tablespoons mustard seed
2 tablespoons whole pepper
2 tablespoons celery seed
2 tablespoons cloves
2 tablespoons cinnamon
2 tablespoons allspice
2 quarts vinegar
1 cup sugar
2 tablespoons salt

Put spices into a muslin bag, add to vinegar with sugar, and salt. Boil ten minutes. Use in any recipe calling for spiced vinegar.

BEET RELISH

1 quart cooked beets
1 cup button onions
½ cup grated horseradish
1 teaspoon salt
½ cup sugar
Vinegar

Mix first five ingredients and add vinegar to cover. Pack in jars and seal.

CARROT RELISH

3 pounds carrots
6 lemons
4 pounds sugar
½ cup almonds

Parboil the carrots and then peel them. Put through meat chopper with the lemons. Add sugar and cook until thick. Ten minutes before removing from fire, add chopped almonds. Pour into hot sterilized glasses and when cool cover with melted paraffin.

CHERRY RELISH

2 cups cherries
1 cup seedless raisins
1 teaspoon cinnamon
½ cup brown sugar
¼ teaspoon cloves
½ cup honey
½ cup vinegar
¾ cup pecan meats

Remove pits from either canned or fresh cherries, mix with other ingredients except nuts, and cook slowly one hour. Add nuts and cook three minutes longer. Pour into hot sterilized glasses and when cool cover with melted paraffin.

CRANBERRY RELISH

2 cups cranberries
½ orange
1 cup sugar
¼ cup raisins
¼ cup vinegar
¼ teaspoon ginger, cloves, and cinnamon

Cut cranberries in halves, and add all the ingredients except spice, and cook until thick. The raisins and orange are chopped fine. Add spice and cook five minutes. Put in hot sterilized glasses and when cool cover with paraffin.

ONION RELISH

1 large onion
1 pimiento
¼ cup thick salad dressing

Slice onion in very thin slices, drop into boiling soda water and let stand one minute. Drain, rinse with cold water, and shake quite dry. Cut pimiento in small pieces, mix with onion, and salad dressing. Serve with meats, fish, or beans.

PEPPER RELISH

1 cup sweet green peppers
1 cup sweet red peppers
1 cup minced onion
1 tablespoon salt
1 cup vinegar
½ cup sugar

Chop vegetables fine, cover with boiling water, and let stand ten minutes. Drain, cover again with hot water and bring to a boil, let stand ten minutes and drain again. Add rest of ingredients and cook fifteen minutes. Pack hot in jars and cap. Immerse in boiling water deep enough to cover jars and simmer fifteen minutes.

TOMATO RELISH

3½ pounds ripe tomatoes, peeled, chopped, and drained
1 cup chopped celery
1 cup chopped onion
1 chopped red pepper
¾ cup sugar
1 tablespoon salt
1 tablespoon celery seed
1 teaspoon ground mace
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground pepper
1½ cups vinegar

Mix well and seal in glass jars. Let ripen at least a week before using.

PIE AND PASTRY

Few desserts are more popular than pies and pastries, few require a smaller number of ingredients; but skill in handling is as essential here as it is anywhere in the whole range of cookery. It was experience, more than anything else, that produced the pies mother used to make.

The chief point to remember in making pastry is to use a light touch in all the processes. Work in the shortening with the tips of the fingers only, or cut it in with knives. Mix in the water thoroughly, but do not work the paste any more than is necessary. Do not knead it with the hands. Use the rolling pin lightly.

Use the smallest possible amount of water. Too much water is one of the commonest causes of tough pastry.

When baking an unfilled crust prick it with a fork so that it will not puff up in blisters with the heat of the oven.

Pastry without filling should be baked in a hot oven (400°–450°).

When the filling of a pie requires a lower temperature than the crust, the baking problem is complicated. In this case it is best to put the pie into a hot oven to start the cooking of the pastry, and then, before the filling has become thoroughly heated, reduce the temperature.

To prevent the under crusts of pies from being soggy, brush them with white of egg if filling is to be cooked in them. If the crusts are baked separately, cool them before putting in the filling.

To keep the juice of a berry pie from boiling out, insert a funnel of stiff paper through a hole in the upper crust.

ALMOND PASTRY

1½ cups pastry flour
3 tablespoons ground almonds
3 tablespoons sugar
1 teaspoon salt
½ cup shortening
1 egg
Water

Mix dry ingredients and rub in shortening. Add beaten egg and enough water to hold paste together. Roll and bake in a hot oven. Almond pastry may be used for custard pies, lemon pies, fresh or dried fruit pies, or for tarts to be filled with jelly, marmalade, fruit, or whipped cream mixtures.

CHOUX PASTRY

½ cup butter
1 cup boiling water
1 cup flour
Pinch salt
3 eggs

Put butter and water in a saucepan and bring to the boiling point. Add flour and salt, and stir vigorously until the mixture makes a ball that comes away from the sides of the pan. Remove from fire and add unbeaten eggs one at a time, beating each one in thoroughly before adding the next. Form in the desired shape on a greased baking sheet. For éclairs squeeze the batter through a pastry bag. Shape cream puffs with a spoon, making them as nearly round as possible with the batter slightly heaped in the middle.

The secret of success in making choux pastry really lies in the baking process. Two points must be borne in mind, a moderate oven and plenty of time. As in any mixture where eggs act as the only leavening agent, especial care in the matter of temperature is necessary. Too high a temperature ruins the texture and too low a temperature makes them fail to rise.

Time in oven, 45 minutes. Temperature, 325°. Servings, 10.

CORNSTARCH PASTRY

¾ cup cornstarch
1¼ cups flour
1 tablespoon sugar
1½ teaspoons salt
1 teaspoon baking powder
6 tablespoons shortening
1 egg yolk
Water

Mix and sift all the dry ingredients. Rub in shortening with a fork, or finger tips, and add beaten egg yolk. Add enough water to hold paste together and roll out.

FLAKY PASTRY NO. 1

1½ cups flour
1 teaspoon salt
6 tablespoons shortening
Water

Sift flour and salt. Mix in shortening with fork, or cut with two knives, leaving it in small lumps. These lumps roll out to make layers, or flakes. Roll lightly.

FLAKY PASTRY NO. 2

Mix as above, reserving one and one-half tablespoons of shortening. Roll out, spread with half the shortening, roll up like a jelly roll, and roll out. Spread with remaining shortening, roll out again.

FLAKY PASTRY NO. 3

Mix flour, salt and shortening as above. The amount of shortening may be cut down. Before adding the water take out one-half of the dry shortening and flour mixture. Add water to the remainder until it just cleans out the bowl. Roll out in circular form and place one-third of the dry part across the centre of the dough, and fold over from each side to make three layers. Turn half way round, roll out, and repeat twice, until all of the dry mixture is used.

HOT WATER PASTRY

1½ cups flour
⅓ teaspoon baking powder
1 teaspoon salt
6 tablespoons shortening
4 tablespoons boiling water

Sift flour, baking powder, and salt. Mix in shortening with fork or finger tips, and stir in the boiling water. Cool before rolling.

PLAIN PASTRY

1 cup flour
¼ teaspoon salt
¼ cup shortening
Water

Sift flour with the salt. Work in shortening until the mixture is like coarse meal. Add water gradually until just enough is used to hold the dough together. It must not be at all soft. Turn on to a board, pat, and roll out.

PUFF PASTRY

1 pound butter
1 pound flour

Wash butter, pat and fold until no water flies. Reserve two tablespoons of butter; shape remainder into a circular piece one-half inch thick. Work the two tablespoons of butter into the flour with the tips of the fingers. Moisten the dough with water which has been chilled in a bowl of cracked ice. Turn on to a floured board and knead one minute. Cover with a towel and let stand five minutes. Roll paste into a rectangle one-fourth inch thick. Place butter on centre of lower half and cover with other half of paste. Pinch edges together. Fold right side of paste over enclosed butter, the left side under enclosed butter. Cover and let stand five minutes. Roll one-inch thick on a floured board. Fold ends toward centre, making three layers. Cover and let stand five minutes. Repeat the process from " roll one-inch thick, etc." twice. Chill thoroughly. Roll out and bake in a hot oven. Time in oven, 25 minutes. Temperature, 400°.

SAVORY PASTRY

Roll into pastry for apple or pumpkin pie, about one-half cup of grated American cheese, reserving one tablespoon of cheese for sprinkling over the top. Make and bake the pie as usual, sprinkle the extra cheese over the top when ready for the oven.

SUSANNAH'S PASTRY

4 cups flour
1 teaspoon baking powder
1½ teaspoons salt
½ pound shortening
Cold water

Sift dry ingredients. Mix in shortening with finger tips or a chopping knife. Add enough cold water to hold mixture together and roll out.

MOTHER'S APPLE PIE

Line a pie plate with Susannah's Pastry, rolled thin, and fill with pie apples cut in thin slices. Sprinkle the apples with three-quarters to one cup of sugar, and with cinnamon or nutmeg. Add a dash of salt and dot with butter. Moisten the edge of the bottom crust with water. Cut generous openings in the top crust and adjust it carefully that no juice may escape. Bake in a moderately hot oven until apples are soft. Time in oven, 45 to 60 minutes. Temperature, 400° 5 minutes and 380° remainder of time.

APPLE CHEESE PIE

2 eggs
1 cup cottage cheese
½ cup sugar
⅛ teaspoon salt
Cream or rich milk
1 teaspoon vanilla
Pastry
1½ cups apples
Sugar
Speck nutmeg and cinnamon
Pastry

Beat eggs, add cottage cheese, sugar, salt, cream, and vanilla. Line plate with pastry, put in apples, very thinly sliced, and mixed with sugar and spice. The amount of sugar will depend upon the tartness of the apples. Cover with cheese mixture. Bake in a moderately hot oven until cheese is set. Time in oven, 35 minutes. Temperature, 400° 10 minutes and 350° 25 minutes. Servings, 6.

CANTALOUPE PIE

1 large, or
2 small cantaloupes
1 cup sugar
2 tablespoons cornstarch
2 eggs
¼ teaspoon salt
Baked pastry shell

Select a ripe cantaloupe; cut in halves, remove seeds, scoop out pulp with a large spoon, and put into top of double boiler with sugar. Mix cornstarch with a little cold water and add to cantaloupe; when thick add beaten egg yolks and cook a little. Add salt and cool a little, then pour

into cooked pastry shell, top with meringue made from whites of eggs and four tablespoons sugar, flavored with lemon if desired. Brown meringue and cool pie before cutting.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

CARROT PIE

2 medium sized carrots
½ cup sugar
2 eggs
1½ cups milk
½ teaspoon ginger
½ teaspoon cinnamon
Speck salt
Pastry

Cook carrots until tender and transparent. Mash. Add sugar, beaten eggs, milk, spices, and salt. Mix and pour into raw pastry shell. Bake in a moderately hot oven.
Time in oven, 40 minutes. Temperature, 400° 5 minutes and 360° 35 minutes. Servings, 6.

CHERRY PIE

2 cups cherries, stoned
½ cup sugar
1 cup water
3 tablespoons cornstarch
3 tablespoons water
Pastry

Cook the cherries with the sugar and water until soft, and thicken with cornstarch mixed with water, cool, and turn into pie shell. Cover with lattice crust. Bake in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

CRANBERRY NUT PIE

1 cup cranberries
½ cup raisins
½ cup walnuts
Pinch salt
1 tablespoon flour
1 cup sugar
½ cup chopped apples
½ cup water
Pastry

Put cranberries, raisins, and nuts through food chopper, add salt, flour, sugar, and apples. Put into a pastry lined pie

plate, pour the water over the filling, cover with a top crust, and bake in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

CREAM PIE

2 cups milk
4 tablespoons cornstarch
½ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla
Baked pastry shell

Heat milk, mix cornstarch and sugar, add a little cold milk and pour into hot milk. Cook fifteen minutes. Add beaten egg yolks, salt, and vanilla. Cook five minutes. Cool, and fill pie shell. Spread with meringue made with egg whites beaten stiff, and one-quarter cup of sugar. Bake in a moderate oven until meringue is firm.
Time in oven, 20 minutes. Temperature, 325.° Servings, 6.

COCOANUT CREAM PIE

2 tablespoons cornstarch
1½ cups water
½ cup condensed milk
¼ teaspoon salt
1 cup grated cocoanut
2 eggs
1 teaspoon vanilla
Pastry

Mix cornstarch with a little cold water. Add rest of water, milk, and salt. Cook in double boiler until thickened, stirring constantly. Add cocoanut, eggs slightly beaten, and vanilla. Pour into plate lined with pastry and bake in a moderately hot oven until firm.
Time in oven, 30 minutes. Temperature 400° 5 minutes, 350° 25 minutes. Servings, 6.

COFFEE CREAM PIE

⅓ cup ground coffee
3 cups milk
2 eggs
3 tablespoons sugar
3 tablespoons cornstarch
Pastry

Tie coffee in a small muslin bag, place in cold milk and let stand twenty minutes. Then cook for five minutes and re-

move bag. Beat eggs slightly; add to sugar and cornstarch. Add hot milk and cook in double boiler until thickened. Fill crust and bake in a moderately hot oven until firm.
Time in oven, 35 minutes. Temperature, 400° 5 minutes, 350° 30 minutes. Servings, 6.

CREAMLESS CREAM PIE

¾ cup brown sugar
½ cup flour
2 egg yolks
2 cups milk
1 teaspoon vanilla
1 tablespoon butter
Baked pastry shell
4 tablespoons powdered sugar

Stir sugar and flour together. Beat egg yolks and stir in. Scald milk and add slowly to mixture. Let cool, and add vanilla and melted butter. Put into a rich pie crust which has been previously baked. Cover with meringue made of egg whites and powdered sugar, and bake in a moderate oven until meringue is brown.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

STRAPPED DATE PIE

1 cup chopped dates
1 cup chopped apples
4 tablespoons lemon juice
½ cup sugar
Speck cinnamon
Pastry

Stone dates and put through food chopper with apples. Dried apples should be soaked overnight, then drained well before using. Add remaining ingredients and bake in a moderately hot oven, in one crust with straps across top.
Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

LEMON PIE

2 cups milk
1 cup sugar
¼ teaspoon salt
3 tablespoons cornstarch
2 egg yolks
1 lemon (3 tablespoons juice and grated rind)
Baked pastry shell

Scald milk. Mix sugar, salt, and cornstarch, and pour milk on gradually. Cook in a double boiler for fifteen minutes,

stirring constantly until thickened, and afterwards occasionally. Beat egg yolks and add to first mixture. Then cook three minutes, stirring constantly. Remove from stove; add lemon juice and grated rind. Cool slightly and pour into baked crust. Cover with meringue (see page 195). Brown in a moderate oven.

Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

LEMON CRUMB PIE

12 tablespoons crumbs
5 tablespoons sugar
2 tablespoons shortening
1½ cups milk, scalded
3 eggs
1 lemon (grated rind and juice)
Pastry

Mix the crumbs, sugar, shortening, and lemon rind. Stir in the hot milk. When cool, add the egg yolks beaten, and the lemon juice. Line a pie plate with pastry. Pour in mixture and bake in a moderately hot oven. When about done remove a minute, heaping on meringue made from the whites of eggs beaten stiff, with one-quarter cup sugar added. Brown in a moderate oven.

Time in oven, 35 minutes. Temperature 400° 5 minutes and 350° 30 minutes. Time for meringue, 20 minutes. Temperature, 325°. Servings, 6.

MARLBOROUGH PIE

½ cup grated apple
½ cup granulated sugar
3 tablespoons butter
1 egg
1 lemon
½ cup rich milk
Pastry

Grate apple. Cream sugar and butter and add egg well beaten. Add juice and rind of lemon, apple, and milk. Put in a pastry lined pie plate and arrange pastry strips on top. Bake in a moderately hot oven.

Time in oven, 35 minutes. Temperature, 400° 5 minutes, 375° 30 minutes. Servings, 6.

ORANGE CUSTARD PIE

⅛ teaspoon salt
9 tablespoons sugar
4 tablespoons flour
4 tablespoons cornstarch
3 cups milk
1 orange (grated rind and sliced pulp)
2 egg yolks
Baked pastry shell

Stir together salt, sugar, flour, and cornstarch. Make it into a paste with some of the milk; then add remaining milk. Add grated rind, and cook in a double boiler, stirring constantly, until it thickens. Remove from fire, and stir in the egg yolks which have been beaten with a little water. Add the juice from the sliced orange pulp and cook two minutes. Cool, fill a baked crust with the custard, and spread over it the sliced orange sections. Cover with meringue made from the two egg whites beaten stiff and one-quarter cup sugar. Brown meringue in a moderate oven.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PEACH PIE

Canned or fresh peaches
Baked pastry shell
2 egg whites, stiffly beaten
¼ cup sugar
¼ teaspoon lemon extract

Slice peaches on the baked crust, cover with meringue made of other ingredients and bake in a moderate oven. Serve as soon as cold.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

PRUNE AND APPLE PIE

3 cups sliced apples
¾ cup sugar
1 cup stoned and cooked prunes
1 tablespoon lemon juice
Pastry

Line pie plate with pastry. Cover with a layer of apples and sprinkle with sugar. Then add a layer of prunes and

sprinkle with sugar; then another layer of apples and sugar. Add lemon juice. Cover with pastry and bake in a moderately hot oven.
Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

COLONY PUMPKIN PIE

4 cups strained pumpkin
4 cups milk
2 eggs
1½ teaspoons salt
1 teaspoon ginger
½ cup molasses
½ cup sugar
Pastry

Combine ingredients for filling. Pour into pastry-lined pie plates and bake in moderately hot oven until firm.
Time in oven, 45 minutes. Temperature, 400° 5 minutes, 350° 40 minutes. Servings, 12.

PUMPKIN NUT PIE

1 cup prepared pumpkin
1 cup brown sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon
1 teaspoon salt
½ cup nut meats (chopped)
2 cups milk
2 tablespoons flour
2 eggs
½ cup grated cocoanut
Pastry

Mix ingredients, pour into a pastry-lined plate, and bake in a moderately hot oven.
Time in cooking, 45 minutes. Temperature, 400° 5 minutes, 350° 40 minutes, Servings, 6.
To Prepare Pumpkin: — Three tablespoons pumpkin flour, one cup cold water. Let pumpkin flour stand in the cold water thirty minutes, then simmer slowly ten minutes. Cool pumpkin and then use as ordinary strained pumpkin.

RAISIN-PINEAPPLE PIE

1 slice pineapple
1 cup raisins
½ cup water
⅜ cup sugar
2 tablespoons cornstarch
½ lemon, juice
½ cup pineapple juice
Pastry

Chop pineapple and add to raisins with water. Mix sugar and cornstarch thoroughly and stir into raisin mixture. Cook ten minutes, add lemon and pineapple juice, and a pinch of salt. Cool and then bake between two crusts in a moderately hot oven. The filling may be baked in a deep dish with a baking powder crust and served as a pudding with marshmallow sauce.
Time in oven, 35 minutes. Temperature, 400° 5 minutes, 380° 30 minutes. Servings, 6.

RASPBERRY PIE

½ cup sugar
¼ cup cornstarch
½ cup water
1 pint can raspberries
⅛ teaspoon salt
Pastry

Mix sugar, cornstarch and cold water. Drain juice from berries and add cornstarch mixture and salt. Cook ten minutes. Cool and pour into a plate lined with pastry. Cover with a top crust and bake in a moderately hot oven. If fresh berries are used, omit the water, spread the mixture of sugar and cornstarch on the bottom pastry and heap the berries on top. More sugar may be required for fresh berries. Cut a hole in the centre of the top crust and insert a paper funnel to prevent juice from boiling out.
Time in oven, 30 minutes. Temperature, 400° 5 minutes, 380° 25 minutes. Servings, 6.

STRAWBERRY PIE

Bake a shell of flaky pastry. Cool, and fill with fresh strawberries which have been hulled and cooked for fifteen minutes with enough sugar to make them of the desired sweetness. Cover with whipped cream, or with a meringue made of two egg whites beaten stiff and dry with four tablespoons of powdered sugar. Brown meringue in a moderate oven.
Time in oven, 20 minutes. Temperature, 325°. Servings, 6.

WESTERN MINCE MEAT

- 2½ pounds round of beef
- ½ pint chopped suet
- ¼ pound citron
- 2 quarts chopped apples
- 2 pounds sugar
- 1 cup molasses
- 2 tablespoons salt
- 1 teaspoon mace
- 1 teaspoon cloves
- 1½ cups lemon juice
- 2 packages raisins (seeded)
- 1 package raisins (seedless)
- 3 quarts canned red English currants
- 2 tablespoons cinnamon
- 1 teaspoon allspice
- 2 teaspoons nutmeg

Cook the beef slowly three hours. Let it cool in the water in which it was cooked. Put meat through food chopper, also the suet and citron. Chop the apples rather coarsely. Mix all ingredients thoroughly, let stand overnight. Bake in a moderately hot oven. Put into sterile jars and seal.
Time in oven, 1 hour. Temperature, 375°.

PASTRY DESSERTS

APPLE AND COCOANUT TARTS

- 1 cup grated apple
- ¼ cup sugar
- ⅛ teaspoon cinnamon
- ¼ teaspoon lemon rind
- 2 egg whites
- 1 cup cocoanut (freshly grated)
- Tartlet shells

To grated apple, add sugar, cinnamon, and grated lemon rind. Add stiffly beaten egg whites. Sprinkle tartlet shells with cocoanut, fill and sprinkle the tops with cocoanut. Put in a hot oven to set the crust; then reduce heat to moderate.
Time in oven, 25 minutes. Temperature, 400° 5 minutes, 325° 20 minutes. Servings, 16.

BAKEWELL TART

- Pastry
- Jam
- 2 eggs
- 4 tablespoons butter
- 6 tablespoons sugar
- 2 ounces ground almonds

Line a tart tin with pastry, spread with a layer of jam. Mix eggs, butter, sugar, and almonds together; pour over the jam. Bake in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 400° 5 minutes, 350° 25 minutes. Servings, 16.

BRAMBLES

1 cup raisins
½ cup dates
½ cup nuts
½ cup sugar
4 tablespoons lemon juice
Pastry

Chop fruit and nuts, add sugar, and lemon juice. Roll pastry thin and cut in squares. Put a tablespoon or more of the mixture on a square. Wet the edges and fold over to form a triangle. Prick holes with a fork in upper sides. Bake in a hot oven.
Time in oven, 20 minutes. Temperature, 400°. Servings, 10.

CHERRY TARTS

1 cup chopped cherries
½ cup sugar
2 egg yolks
2 egg whites
4 tablespoons sugar (for meringue)
Pastry

Line tart pans with a rich pastry. Fill with a mixture of cherries, sugar, and beaten egg yolks. Bake in a moderately hot oven. Cover with meringue made from egg whites and sugar, and brown delicately in a moderate oven. If white cherries are used, a dash of nutmeg improves the flavor.
Time in oven, 20 minutes. Temperature, 400° 5 minutes, 350° 15 minutes. Time for meringue, 15 minutes. Temperature, 325°. Servings, 8.

FRUIT ROLLS

Roll pastry very thin and cut into small squares. Spread with mixture of cranberry or currant jelly and orange marmalade, using three tablespoons of marmalade to one cup of jelly. Roll up like little jelly rolls and bake in a hot oven.
Time in oven, 10 minutes. Temperature, 400°.

FRUIT TARTS

1 cup dates cut in pieces
¼ cup chopped walnut meats
½ cup chopped raisins
½ cup sliced orange peel
¼ cup brown sugar
¼ cup white sugar
2 tablespoons melted butter
½ cup water
Baked pastry shells

Mix all of the ingredients. Cook slowly five minutes. Cool. Fill individual shells and top with meringue. Sprinkle with cocoanut and brown slightly in oven.
Time in oven, 15 minutes. Temperature, 325°. Servings, 10.

JELLY SANDWICHES

Roll pastry very thin and cut into small squares or rounds. Bake in a hot oven. Spread half of little wafers with currant jelly and sprinkle with chopped nut meats. Place remainder of wafers on top in sandwich style.
Time in oven, 8 minutes. Temperature, 400°.

LEMON CONFECTION TARTS

½ cup water
1 tablespoon butter
¾ cup sugar
⅛ teaspoon salt
1 teaspoon grated lemon rind
1 tablespoon cornstarch
2 egg yolks
3 tablespoons lemon juice
Baked pastry shells (individual)

Meringue

4 tablespoons powdered sugar
2 egg whites
3 tablespoons minced candied fruit

Make lemon filling by thoroughly mixing all ingredients except eggs and lemon juice. Cook until smooth and thick, about ten minutes. Add egg and lemon juice and cook three minutes longer. Fill pastry shells. Fold sugar into stiffly beaten egg whites, and then add very finely minced candied fruit, using various combinations as preferred. Place this over the tops of the tarts, and brown delicately in the oven.
Time in oven, 15 minutes. Temperature, 325°. Servings, 16.

MAPLE WAFERS

Cut pastry in strips about three inches long and one inch wide; bake a delicate brown in hot oven. Spread with Maple

Fondant, and while still soft press in nut meats. Candied cherries may be used instead of nut meats.
Time in oven, 12 minutes. Temperature, 400°.

MELBA TARTS

¼ cup butter
1 cup water
1 cup flour
4 eggs
Plain pastry
Peach halves
Whipped cream

Heat butter and water to boiling point. Add flour and stir until a ball is formed. Remove from stove and beat in eggs, one at a time. Cut pastry in rounds. Around the edge of each pipe the first mixture, using a pastry tube. Bake in a moderate oven. In centre of each tart place one-half peach. Garnish with whipped cream.
Time in oven, 40 minutes. Temperature, 350°. Servings, 10.

PEACH PATTIES

½ cup sugar
½ cup peach syrup
1 slice lemon
4 cloves
1 tablespoon butter
½ cup shredded cocoanut
6 canned peach halves
Pastry

Dissolve sugar in syrup from peaches. Add lemon, cloves, and butter. Boil five minutes. Moisten cocoanut with a little of this syrup and fill cavities of peaches. Line muffin tins with pastry and place a peach half in each, cut side down. Pour a tablespoon of the syrup over each, and bake in a hot oven, sprinkling with dry cocoanut a few minutes before taking from oven. Garnish with maraschino cherries.
Time in oven, 20 minutes. Temperature, 425°. Servings, 6.

PELHAM TARTS

½ cup seeded raisins
1 orange
½ lemon
1 cup crushed pineapple
¾ cup sugar
½ tablespoon cornstarch
1 tablespoon cold water
1 tablespoon butter
1 egg
Pastry

Cut raisins in small pieces. Grate rind and extract juice of orange and lemon. Mix with pineapple and sugar and boil gently for ten minutes. Mix cornstarch with cold water and add to first mixture, stirring constantly until thickened. Add butter and cook five minutes. Remove from stove, and add egg slightly beaten. Roll pastry one-quarter inch thick and cut in four-inch squares. Put a spoonful of the filling on one half of each, moisten edges, and fold over other half. Press down edges and prick top well with a fork. Bake in a hot oven.

Time in oven, 15 minutes. Temperature, 400°. Servings, 20.

POULTRY

Facts to Remember about Poultry

Fresh poultry should be firm, of yellowish tinge, with a fair amount of fat under the skin. A flabby, bluish look denotes cold storage poultry.

A chicken has smooth soft feet, and smooth tender skin with pin feathers but few hairs. The end of the breast bone is flexible and the flesh is lean.

In fowls, the feet are hard and scaly, and the skin thick and tough with long hairs instead of pin feathers. The cartilage at the end of the breast bone has hardened so that it is no longer flexible. A fowl has a larger proportion of fat than a chicken.

In preparing a chicken for cooking the first step is to singe it to remove the hairs. Do this by holding it by the neck and feet and revolving it over a gas flame or a blazing paper. Take care not to scorch the skin. Pin feathers are removed with a small knife or tweezers. The oil sac above the tail should be cut out.

If the chicken has not been dressed at the market the next step is to draw it. First cut a slit lengthwise in the skin of the neck at the front, insert the fingers and draw out the crop, which lies just under the skin close to the breast, and with it the windpipe. Next make an incision just below the breast bone large enough to admit the hand. Work around the organs, loosening them from the body. Slip the fingers around the whole mass near the neck and pull it gently out. The crop and wind pipe may be removed in this way instead of through the neck. Be careful to remove the bits of lung and liver that cling between the ribs. Rinse the cavity with cold water.

If the tendons in the legs are removed the meat will be more tender. Cut a slit just above the foot and the tendons will be visible. Pull them downwards with a steady motion until they loosen at the second joint and come out.

To cut up a chicken, first cut through the skin between the body and leg, close to the body. Bend back the leg to break the ligaments, cut through the flesh and separate at the joint. Divide the leg into two sections by cutting through the flesh and separating at the joint. Cut through the skin and flesh around the upper wing joint and disjoint the wing from the body. Cut off the tip of the wing. In the same

way remove the leg and wing from the other side. Separate the breast from the back by cutting through the skin two inches below the breast bone and running the knife along the line of the lower ribs until it strikes the back bone. Then break the bone at the joint and pull the two pieces apart. Loosen the skin around the neck with the finger, break the neck back and remove it.

In stuffing a chicken, fill the crop region with the dressing and tie the end of the skin over the neck. Then fill the body region and sew up the opening, or fasten it by sticking toothpicks through the skin on either side and lacing twine around the ends. Allowance should be made for the swelling of the dressing as it cooks. Truss the wings and legs close to the body by tying with twine or fastening with two long skewers run through the body of the bird, one just beneath the legs, the other through the wings and breast. Tie the ends of the legs together and fasten down to the tail.

Turkey, duck and goose are prepared similarly to chicken. They are usually cooked by roasting.

Roasting. — In roasting poultry the larger the bird the lower should be the temperature. The skin protects against loss of juices so that it is not necessary to sear the surface with intense heat as it is in the case of meats. The temperature should be sufficiently high, however, to brown the skin during the first part of the cooking.

Keep a little water in the pan while the bird is roasting. Baste frequently unless a self-basting roaster is used.

Most poultry is improved by the addition of fat, preferably butter or salt pork.

Frying. — For frying, young chickens are used. Clean them and cut in convenient pieces for serving. Sprinkle with salt and pepper and dredge with flour. Brown on both sides in salt pork fat, bacon fat or butter. Then cover and cook slowly until the meat is tender. Older chickens may be used for frying if they are first parboiled.

CHICKEN WITH ASPARAGUS

1½ cups diced cooked chicken
1½ cups diced canned asparagus
2 cups chopped hard-cooked eggs
1½ cups white sauce
½ cup dried bread crumbs
1 tablespoon butter, melted

The white sauce may be made entirely of milk, equal parts of chicken stock and milk, or equal parts of asparagus liquor and milk. Grease a baking dish, put in a layer of the chicken, followed by one of asparagus, and sprinkle on a little of the egg, then add some of the sauce. Continue in this way until

all is used, topping with crumbs mixed with melted butter. Bake in a moderate oven until brown.
Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

BAKED CHICKEN WITH HAM

3 Guinea chickens or broilers
Salt and pepper
Melted butter
Cream
Flour
Ham

Remove breast meat from birds. Place in pan, sprinkle with salt and pepper, brush with melted butter, and the cream. Dredge with flour. Bake in hot oven until tender, basting three times with fat in pan. Serve on toast covered with a thin slice of cooked ham and surround with Tosca Sauce (see page 239).
Time in oven, 45 minutes. Temperature, 400°.

CHICKEN BAKED IN MILK

Clean chicken and cut in pieces for serving. Sprinkle with salt and pepper and roll in flour. Sauté in drippings until golden brown. Arrange pieces in baking dish and cover with milk. Cover and bake in a moderate oven until tender. Thicken the liquid with a little flour and milk stirred together until smooth. Temperature, 350°.

CHICKEN BAKED WITH PARSNIPS

2 young roasting chickens, 9 pounds
3 pounds parsnips
½ cup flour
2 teaspoons salt, pepper
½ cup bread crumbs
¼ cup drippings
Stock from bones

Have chickens split through the backbone when cleaned. Remove skin and cut into pieces for serving. To the neck, giblets, ends of wings and legs, and bony framework that has little meat add water and cook for stock. Season the stock thus obtained and use for basting. Grease the pan well, sprinkle with half the flour and lay in the pieces of

pared parsnip. Next lay in the pieces of chicken, having a pan large enough so that there will be only two layers. Mix salt, pepper, remaining flour, bread crumbs, and drippings together and sprinkle thickly over chicken. Put into a very hot oven for fifteen to twenty-five minutes, then finish cooking at a moderate temperature. When half cooked baste with two cups of chicken stock. More stock may be added later if necessary. When ready to serve lay pieces of chicken on a platter and surround with parsnips. Serve gravy separately. Time in oven, 25 minutes at 450°, and until tender at 325°. Servings, 8.

BROILED CHICKEN

Have four two and one-half pound broilers dressed and split for broiling. Place them in a well-greased pan, skin side down, sprinkle with salt and pepper and place small pieces of butter over them. Put into a hot oven and bake one-half hour or more. Remove to a well-greased broiler and broil over a clear fire to finish. When done, place on a platter, brush over with Maître d'Hôtel butter and serve. A garnish of cress adds to the attractiveness of the dish.
Time in oven, 30 minutes. Temperature, 450°. Servings, 8.

CREAMED CHICKEN À LA KING

- 4 tablespoons butter (melted)
- 4 tablespoons flour
- 1½ cups milk
- 1 cup mushrooms
- ¼ cup green peppers
- 1½ cups diced breast of cooked chicken
- 2 egg yolks
- 2 tablespoons lemon juice
- ¼ teaspoon mustard
- 1½ teaspoons salt
- 1 teaspoon paprika

Make white sauce by blending butter and flour, and adding the hot milk. Cook in double boiler, stirring until thickened. Sauté mushrooms and add to sauce with minced green peppers and chicken. Beat egg yolks, add seasonings, and add to rest of mixture. Heat until the boiling point is reached and simmer slowly ten minutes. Serve on toast. Servings, 6.

CREAMED FILLET OF CHICKEN

Breast and second joints from two chickens
4 bunches onions
3 tablespoons butter
4 tablespoons flour
1½ cups stock
½ cup cream
3 egg yolks
Salt and pepper
Lemon juice

Cook the chicken in a small quantity of water with the onions. Remove chicken to the serving dish as soon as tender. Drain onions from the stock. Melt the butter, add flour, and pour stock in gradually. As soon as the boiling point is reached add cream, slightly beaten egg yolks, salt, pepper, and lemon juice to taste. Add onions and pour over chicken. Servings, 8.

CHICKEN CROQUETTES

1 cup corn meal mush
1 cup chopped chicken
Few drops onion juice
1 egg
Salt
Pepper

Mix ingredients together. Make into cakes, roll in flour, and sauté in a frying-pan, or shape in balls, roll in crumbs, egg, and crumbs again, and fry in deep fat.
Time, 2 minutes each. Temperature of fat, 370°. Servings, 8.

FRICASSEE OF CHICKEN

7 pound fowl
¼ cup diced carrot
¼ cup diced onion
2 quarts water
2 teaspoons salt
4 tablespoons flour
2 tablespoons butter
3 cups stock
1 teaspoon dry celery leaves
1 teaspoon minced parsley
1 tablespoon lemon juice
1 egg yolk

Have fowl cut for fricassee. Wash pieces and wipe with food cloth. To whiten, plunge into boiling water and rinse in cold water. Pour into stew kettle with vegetables, water and salt. Cook until tender. Blend flour and butter, add three cups stock and cook until thickened. Then add seasonings, lemon juice, and egg yolk. Reheat chicken,

cut in serving pieces and pour sauce over them. Serve with waffles. Servings, 15.

FRIED CHICKEN AND PINEAPPLE

5 slices pineapple
Bread crumbs
2 tablespoons cooking oil
6 ounce can chicken

Put slices of pineapple under a heavy weight and let stand until quite dry. Cut in pieces and dip in crumbs. Sauté in oil. When brown, add chicken cut in small pieces. Heat thoroughly before serving. Servings, 4.

ROAST CHICKEN LOAF

5 pound rooster or fowl
Onion
Herbs, if liked
1 teaspoon salt
1 large potato
1 onion
1 cup chicken stock
2 cups bread crumbs
½ teaspoon poultry dressing
⅛ teaspoon pepper
Chicken fat or cooking oil

Select a rooster, clean, cut in pieces, and boil gently in water for two hours. Onion, herbs and salt may be if desired added to water to taste. Cut pieces of meat from bone and return bones and skin to boil another two hours. For the dressing boil the potato and onion in one cup of chicken stock until mushy, then add crumbs and seasonings. Grease a loaf tin well, cover bottom with pieces of meat and spread with the dressing. Put rest of meat on top, brush well with fat, sprinkle with a light covering of crumbs and bake until meat is tender and brown. Serve with giblet gravy.
Time in oven, 1 hour and 20 minutes. Temperature, 375°. Servings, 10.

SCALLOPED CHICKEN

1½ cups chicken broth
3 tablespoons flour
3 tablespoons butter
Salt
Speck pepper
2 cups diced chicken
2 cups fresh or canned corn
⅛ teaspoon celery salt, or
½ cup celery
Bread crumbs

Make a sauce of broth, flour, butter, salt, and pepper. Put chicken and corn in baking dish in alternate layers, sprinkling each with celery salt or diced, parboiled celery. Add sauce, sprinkle with soft bread crumbs, and bake in a moderately hot oven.
Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

CHICKEN TIMBALES

½ cup bread crumbs
¼ cup milk
⅓ cup chicken meat, ground
1 egg white
¾ teaspoon salt
Pepper, nutmeg
¼ cup whipped cream

Cook the bread crumbs and milk until smooth in consistency and the mixture comes away from sides of pan. Add chicken and egg lightly beaten. Season to taste. Whip cream and fold into chicken mixture. Pour into timbale or custard cups. Set in a pan of hot water and bake in a moderate oven until firm. Remove from water and let stand a few moments before unmolding. Turn out on a warm platter. Serve with currant jelly or Soubise Sauce (see page 238).
Time in oven, 30 minutes. Temperature, 350°. Servings, 2.

ROAST DUCK

Duck
2 slices fat salt pork
5 slices carrot
½ onion (sliced)
2 sprigs thyme
1 sprig parsley
1 bay leaf
2 tablespoons butter
Boiling water

Dress and clean duck and steam one hour. Stuff and truss. In a frying-pan try out the fat salt pork, cut one-quarter inch thick. Add carrot cut in small cubes, and onion, thyme, parsley, bay leaf, and cook ten minutes. Then add butter and brown the duck in it. Place on trivet in a deep pan, add the contents of the frying-pan, rinse it out with one cup of boiling water, and add another cup of boiling water. Cover and bake in a moderate oven until tender, basting often and

adding more water if needed. Serve with gravy made from stock in pan.
Time in oven, 2 hours. Temperature, 350°.

ROAST WILD DUCK

Dress and clean a wild duck, stuff with Peanut Stuffing (see page 274) and truss securely. Place on a rack in roasting pan, brush lightly with fat, and sprinkle with salt and pepper. If wanted rare, bake thirty minutes in a hot oven, basting every five minutes with the fat which will drip out into the pan. Cook longer if desired, reducing the temperature. Put on a platter, remove the string and skewers, and garnish with parsley. With the duck serve currant jelly or orange sauce. Temperature of oven, 425°.

ROAST GOOSE

Hold the goose firmly and move about over a hot flame in order to singe off all the hairs. With a small sharp knife remove all the pin feathers. Wash the goose in hot soapsuds, scrubbing with a small brush. Rinse again in cold water and wipe. Stuff with Potato Stuffing (see page 274), truss, sprinkle with salt and pepper, place in a roasting pan and bake in hot oven. As soon as the fat begins to try out from the goose, use it for basting, and baste every ten or fifteen minutes during all the time of cooking. Place on a hot platter, cut the strings and remove them and the skewers. Garnish with watercress or parsley and bright red cranberries. Time in oven, 2 hours for medium sized goose. Temperature, 400°.

ROAST GUINEA HEN

Dress, clean a guinea hen, stuff with Raisin Stuffing (see page 274) and truss. Place on its back in a roasting pan, rub the entire surface with salt, and spread breast and legs with a mixture made of three tablespoons butter and two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven. When flour is well browned reduce the heat and baste. Continue basting every ten minutes until guinea

hen is tender. For basting use one-quarter cup melted chicken fat, or drippings and two-thirds cup boiling water, adding more water if necessary. Turn the guinea hen while cooking that it may brown evenly. Serve with brown gravy made from fat in pan. Makes a good Christmas dinner for two. Time in oven, about 1 hour. Temperature, 425° for 15 minutes, 375° for remainder of time.

PARTRIDGES À LA GEORGE CARRUTHERS

A brace or more partridges
Flour
Salt and white pepper
½ cup small cubes fat pork
Butter
2 cups heavy cream
Dash paprika
1 cup mushrooms

Cut up birds as for fried chicken. Dip in flour seasoned with salt and pepper, and brown delicately in fat tried out of pork, to which an equal quantity of butter has been added. Remove partridge, add cream and season sauce in pan to taste, then add mushrooms. Thicken sauce if necessary with blended flour and fat. Replace partridge and reheat. Serve with buttered toast.

PIGEON PIE

6 pigeons
Drippings
Boiling water
1½ teaspoons peppercorns
1 onion
8 cloves
8 slices carrot
2 sprigs parsley
2 stalks celery
4 tablespoons butter
3 tablespoons flour

Dress, clean, and truss pigeons and sauté in drippings until entire surface is seared, turning frequently. Put in a kettle, nearly cover with boiling water, and add peppercorns, onion stuck with cloves, carrot, parsley, and celery, and let simmer five hours, or cook in fireless cooker until tender. Remove pigeons, strain liquor, and thicken with butter melted and blended with flour. Reheat pigeons in sauce. Line a baking dish with pastry, arrange reheated pigeons in dish and cover with pastry. Bake in a hot oven.
Time in oven, 30 minutes. Temperature, 400°. Servings, 6.

STUFFINGS

CHESTNUT STUFFING FOR TURKEY

1 quart chestnuts
2 cups bread or cracker crumbs
2 teaspoons salt
¼ teaspoon pepper
2 teaspoons chopped parsley
⅓ cup melted butter

Shell chestnuts, pour boiling water over them and remove inner brown skin. Boil in salted water or in stock till soft. Mash fine and add the other ingredients.

CHESTNUT STUFFING FOR GOOSE

½ teaspoon finely chopped shallot or onion
3 tablespoons butter
¼ pound sausage meat
12 canned mushrooms, finely chopped
1 cup chestnut purée
½ tablespoon finely chopped parsley
Salt, pepper
⅓ cup stale bread crumbs
24 French chestnuts, cooked and left whole

Cook shallot or onion with butter five minutes, add sausage meat and cook two minutes. Then add mushrooms, chestnut purée, parsley, and salt and pepper. Heat to boiling point, and add bread crumbs and the chestnuts. Cool mixture before stuffing goose. Chestnut purée is made by cooking the large French chestnuts until soft in boiling salted water, and mashing them through a strainer or potato ricer.

PARSLEY STUFFING FOR ROAST PIG

2 quarts bread crumbs (very dry)
3 onions (chopped fine)
1 bunch parsley (minced)
1 stalk celery (chopped)
Pepper
Salt
Soup stock
1 tablespoon tomato soup (canned)

Mix dry ingredients together thoroughly. Moisten a little with clear soup stock, being careful not to use enough to make the texture in the least soggy. Add the tomato soup.

PEANUT STUFFING FOR DUCK

¾ cup cracker crumbs
½ cup shelled peanuts
½ cup heavy cream
2 tablespoons butter
Few drops onion juice
Salt, pepper, and cayenne

Put the cracker crumbs and shelled peanuts through the food chopper, add cream or top milk, butter melted, onion juice, salt, pepper, and cayenne to taste. Mix lightly with a fork.

POTATO STUFFING

2 cups hot mashed potato
1¼ cups stale bread crumbs (soft)
¼ cup finely chopped salt pork
1 finely chopped onion
1 egg, slightly beaten
1½ teaspoons salt
1 teaspoon sage

Put the potato through the ricer that there may be no lumps. Add remaining ingredients and mix lightly. Any dripping or fat may be used in place of the salt pork. Use as a stuffing for roast goose.

RAISIN STUFFING

½ cup raisins
½ cup walnut meats
2 cups fine stale bread crumbs
Salt
Pepper
Sage or poultry dressing
½ cup melted butter
⅓ cup boiling water

Cut raisins and nuts in small pieces and add to bread crumbs. Add salt, pepper, and sage, and over it pour melted butter and boiling water. Stir lightly with a fork and use as stuffing for a guinea hen.

SALADS

Facts to Remember in Preparing Salads

The important mineral salts and vitamines and the refreshing acids of fruit and vegetables which the body needs daily can be supplied in no better way than in the appetizing and attractive form of salads.

Salads may be broadly classed in two groups — salads which are accompaniments to the meat course or form a course in a heavy meal, and those which serve as the main part of a meal.

Salads offer many interesting possibilities for the utilization of left-overs. Several ingredients may be combined successfully, but care should be taken that the flavors and textures are of a sort that blend well. A mixture of too many different materials should be avoided.

A garnish of some succulent green plant like lettuce, watercress, romaine or endive is essential to almost every salad to make it attractive to the eye, as well as complete in food value.

The real secret of success with salads is in the careful preparation of materials. Lettuce or other greens should be picked over carefully and washed in cold water. A single faded leaf, insect ravage or speck of dirt will spoil the appearance of the whole salad. If the vegetables are at all wilted they should be left in cold water to become crisp, then patted dry with a food cloth or twirled in a cheesecloth bag until the drops of water have been forced out. Lettuce which is not to be used immediately should be left near the ice.

Vegetables, fruit or meat should be cut into uniform pieces which are neither so large that they must be broken before they are eaten nor so small that they form a paste when the dressing is added.

The ingredients and the garnish should be kept cold and dry until it is time to mix the salad. Salads should be mixed lightly, never pressed down or stirred.

A salad containing fruit or fresh vegetables should never be mixed until just before serving or it will be wilted and the dressing watery.

When salad ingredients are marinated in vinegar or French dressing for additional flavor they should not be allowed to stand too long and the superfluous liquid should be carefully drained off before the dressing is added.

In general only simple leaf salads with plain dressing should be served with hot meats. The more fatty the meat, the more acid should be the salad. Sweet salads or heavy salads made of meat or fish should never be served as an accompaniment, but as a separate course.

A salad covered with mayonnaise is out of place when a heavy meat or rich dish is previously served.

Plain thin bread and butter sandwiches or simple crackers may be served with any salad. Cheese, especially cream cheese, is a tasty accompaniment to light salads.

FISH SALADS

ARTICHOKE AND CRAB SALAD

6 artichokes
1 cup flaked crabmeat
1 cup diced celery
¼ cup chopped sour pickles

Wash artichokes and boil in salted water for thirty minutes. Peel off the outside leaves and cut off the tops. Spread open the heart and fill the centre with crabmeat, celery, and pickle mixture. Serve on lettuce with mayonnaise. Servings, 6.

CRAB SALAD

1 pound crab meat
2 cups diced celery
2 tablespoons vinegar
Salt, pepper and paprika
3 tablespoons mayonnaise

Flake crab, and add to diced celery, season with vinegar, salt, pepper, and paprika. Chill thoroughly, mix with three tablespoons mayonnaise, and heap on lettuce leaves. Garnish with mayonnaise, chicory, sliced pickles, and olives. Keep cool until served. Servings, 8.

FISH AND VEGETABLE SALAD

1 slice halibut or
1 can tuna fish
4 cups diced cooked potatoes or potato balls
2 cups peas
2 cups midget lima beans
3 tomatoes
French Dressing

If halibut or other raw fish is used, it should be cooked in water until tender, with one onion cut in slices, four slices of carrot, six cloves, four peppercorns, bit of bay leaf, blade of mace, and two tablespoons vinegar. Skin and bone the fish after cooking. The fish, potato, peas, beans, and sliced tomato should be marinated separately with French dressing and chilled.

Arrange the fish in the shape of an oval slice on a platter. Arrange the lettuce leaves in cup shape around the oval, for the vegetables. Put the potato at either end of the fish, and a mound each of peas and beans on either side. Sprinkle the potato with chopped parsley. Cover the fish with overlapping slices of the tomato, and garnish with mayonnaise dressing. Servings, 8.

HERRING SALAD

3 cups cold boiled potatoes
½ cup smoked herring
¼ cup pickled onion
½ cup French Dressing

Dice potatoes, cut herring in small pieces, and add pickled onions cut in halves. Marinate in French dressing and let stand for an hour. Serve on hearts of lettuce. Servings, 6.

LOBSTER SALAD

Cut lobster in half inch cubes. Mix with a small amount of salad dressing, and serve on fresh crisp lettuce leaves, putting additional dressing on the top of each salad. Salad should be mixed just before serving, and kept on ice until the last moment.

LOBSTER À LA LOUIE SALAD

1 lobster or
¼ pound can of lobster meat
1 large head of lettuce

Dressing

½ cup minced onions
½ cup chopped celery
½ cup chopped green pepper
½ cup mayonnaise
½ cup Chili sauce
½ cup tomato catsup
1 teaspoon Worcestershire sauce

Use mild onions or blanch the strong ones. Add chopped vegetables to the mayonnaise, with the Chili sauce, tomato catsup, and Worcestershire sauce. Either fresh or canned lobster may be used, cut in cubes. Serve on shredded lettuce with the chilled dressing. Crab or shrimp may be used in the same way. Servings, 6.

PASADENA SALAD

¾ cup shrimp (1 small can)
1½ cups celery
½ cup radishes
½ cup peas
Salt and pepper
1 teaspoon tarragon vinegar
½ cup mayonnaise
¼ cup nuts

Cut shrimp in small pieces. Dice celery and slice radishes. Combine shrimp and vegetables, adding a little salt and pepper. Pour into a salad bowl, add vinegar, and spread mayonnaise over top. Sprinkle with chopped nuts and garnish with tiny hearts of lettuce. Servings, 6.

SALMON IN CUCUMBER ASPIC

4 cucumbers
1 onion
½ teaspoon salt
⅛ teaspoon white pepper
1 quart water
2 tablespoons gelatine
½ cup cold water
1 cup salmon, flaked

Peel and slice cucumbers and onion. Add salt, pepper, water, and simmer until soft. Strain and pour over gelatine, which has been softened in cold water. Cool until it begins to stiffen, add salmon, and turn into individual molds. Serve on lettuce garnished with sliced cucumber, and radish roses. Servings, 8.

MOLDED SALMON SALAD

1 cup canned salmon
½ teaspoon salt
1 tablespoon sugar
½ teaspoon flour
1 teaspoon dry mustard
Few grains cayenne
2 egg yolks
1½ tablespoons butter
¾ cup milk
¼ cup vinegar
¾ tablespoon granulated gelatine
2 tablespoons cold water

Rinse salmon with cold water and separate in flakes. Mix all remaining ingredients except gelatine and cook over hot water until slightly thickened. Add gelatine which has been softened in cold water. Stir in salmon. Chill in individual molds. Serve on lettuce with Cucumber Sauce (see page 236).

SHRIMP SALAD

1 cup chopped shrimp
1 cup chopped celery
1 cup chopped stuffed olives
2 cups chopped hard boiled eggs
1 tablespoon chopped green pepper
1 tablespoon chopped onion
4 tablespoons dressing
½ cup nuts (if desired)

Chop the shrimp coarsely after carefully removing the intestinal vein. Add celery, olives, eggs, pepper, onion and dressing. Arrange on lettuce and sprinkle with nuts. Servings, 6.

FROZEN SALADS

For proportions of salt and ice, in packing Frozen Salads, follow directions given for Mousses in Facts to Remember under Frozen Desserts, page 136.

FROZEN CHEESE SALAD

1 pound cheese
1 cup nuts
1 small can pimientoes
1 pint cream

Put cheese, nuts, and pimientoes through the meat chopper. Fold in stiffly beaten cream. Put in baking powder cans, pack in salt and ice and let stand for four hours. Serve on lettuce with mayonnaise. Servings, 12.

FROZEN FRUIT SALAD

5 oranges
5 bananas
1 small can sliced pineapple
1 small bottle maraschino cherries
1 cup cooked dressing
1 cup whipped cream

Dice all fruit. Mix well with dressing and fold in cream. Put in baking powder cans and pack in salt and ice for five hours. Serve on lettuce hearts. Servings, 8.

FROZEN PEACHES

Pack a can of peaches in ice and salt for four hours. Cut can one inch below top so that peaches will come out in a mold. Cut in slices, serve on lettuce with Arcola Dressing (see page 294). Servings, 8.

FROZEN PEAR SALAD

Pack a can of pears in salt and ice and let stand for four hours. Cut the can one inch below the top so the pears will come out in a mold without breaking. Have crisp lettuce thoroughly chilled. Arrange on individual plates. Slice the pears in slices about one inch thick, put on the lettuce, and over the top put some oil dressing, and on that put one tablespoon of grated cheese, sprinkle with paprika, and serve at once with saltines. Servings, 8.

PINEAPPLE MOUSSE SALAD

1 tablespoon gelatine
4 tablespoons cold water
1 cup hot pineapple syrup
¼ cup lemon juice
6 slices pineapple
1 cup celery
1 teaspoon chives
½ teaspoon paprika
½ teaspoon salt
1 cup cream

Soak gelatine in cold water, add to hot pineapple syrup. Add lemon juice, cool, and add pineapple, celery and chives cut in small pieces. Add paprika and salt. As it hardens fold in cream beaten stiff. Put in small baking powder boxes and pack in ice and salt. Leave two hours. Remove from molds, cut in slices and serve on lettuce leaves with mayonnaise dressing. Servings, 6.

FROZEN TOMATO SALAD

1 can tomatoes
1 onion (small)
1 teaspoon sugar
½ teaspoon salt
1 peppercorn
1 teaspoon pepper
Bit of bay leaf
2 teaspoons granulated gelatine
2 tablespoons cold water
1 tablespoon cider vinegar (mild)

Cook tomatoes with onion, sugar, salt, peppercorn, pepper, and bay leaf. When thoroughly cooked, strain the mixture over the gelatine which has been soaked five minutes in the water. Stir until the gelatine is dissolved. Add the vinegar. Turn into a mold, pack in ice and salt and freeze. Servings, 6.

FRUIT SALADS

APPLE PEANUT SALAD

1 cup celery
2 cups apple
1 tablespoon peanut butter
4 tablespoons lemon juice
1 teaspoon sugar
¼ teaspoon salt

Dice celery and apples. Blend peanut butter and lemon juice. Add sugar and salt, pour over apples and celery. Chill thoroughly and serve on crisp lettuce leaves. Servings, 6.

STUFFED APPLE SALAD

Ripe red apples
2 tablespoons lemon juice
¼ teaspoon salt
2 tablespoons mayonnaise
3 tablespoons chopped nuts

Hollow out apples, leaving thinnest shell possible. Cut one-half inch petals half way down shell. Let stand in ice water to curl back. Cut pieces of apple in cubes, marinate with lemon juice and salt and mix with mayonnaise. Add nuts just before serving. Fill inverted shells and serve on lettuce.

STUFFED APRICOT SALAD

For each serving arrange two apricot halves on lettuce. Fill cavities with cream cheese, softened with cream and mixed with a few finely cut nut meats. Garnish with halves of cooked prunes. Serve with mayonnaise to which has been added an equal quantity of stiffly whipped cream.

CHERRY SALAD

1 pound cherries
1 cucumber
½ cup blanched almonds
½ cup cherry juice
1 tablespoon lemon juice
⅛ teaspoon almond extract
5 tablespoons sugar

Stone the cherries, saving the juice. Pare and dice the cucumber and chop the almonds. Mix all together and chill. Serve on lettuce leaves with dressing made from fruit juices, almond extract, and sugar. Servings, 6.

CREAM CHEESE AND PINEAPPLE SALAD

1 slice pineapple
Lettuce
1 tablespoon cream cheese
½ teaspoon chopped chives
Pimiento

Place pineapple on heart leaves of lettuce. Mix cheese with chives. Shape into a ball with butter paddles. Arrange ball in centre of pineapple, garnish with pimiento cut in very thin strips. Serve with mayonnaise to which an equal quantity of whipped cream has been added. Servings, 1.

GRAPEFRUIT SURPRISE

3 small grapefruit
2 bananas
⅓ cup celery
6 tablespoons sugar
6 maraschino cherries
Mayonnaise

Wash and halve the grapefruit. Remove the pulp and mix with diced banana and celery. Refill grapefruit skins and place on lettuce leaves. Sprinkle with sugar and place a cherry on each. Mayonnaise may be served. Servings, 6.

ORANGE AND APPLE SALAD

1 head lettuce
1 bunch cress
2 oranges
3 or 4 apples
¼ cup fruit syrup
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon powdered sugar
1½ tablespoons lemon juice
¼ cup salad oil

Prepare lettuce and cress as usual. Peel oranges and separate into sections. If raw apples are used, peel them and cut in eighths; if canned ones, drain, and cut in suitable pieces. Arrange lettuce and cress on salad plates, with apple and orange. For the dressing, mix the fruit syrup with remaining ingredients, chill, and just before serving beat hard with egg-beater. Any fruit syrup that harmonizes with the salad may be used, preferably orange, apple or pineapple. Servings, 6.

ONION AND ORANGE SALAD

1 Bermuda or Spanish onion
Sugar
4 oranges

Peel and thinly slice onion, cover with sugar and let stand ten to twelve hours. Pour off syrup and add onion to sliced or cut-up oranges. Serve with French dressing on lettuce leaves. Servings, 6.

PEACH AND APPLE SALAD

Use large, firm, ripe freestone peaches and mellow, sweet or mild apples. Pare, quarter, and cut in quarter-inch slices crosswise. Mix with cream dressing, and serve on crisp lettuce leaves.

PEANUT AND PINEAPPLE CREAM SALAD

1 cup heavy cream
2 tablespoons sugar
⅛ teaspoon salt
½ cup fresh roasted peanuts
½ teaspoon vanilla
6 slices pineapple

Whip cream, add sugar, salt, ground peanuts, and vanilla. Chill. Arrange pineapple on lettuce and heap dressing on top. Garnish with pieces of red cherries. Servings, 6.

PEAR SALAD

6 pears
2 tablespoons preserved ginger syrup
½ cup salad dressing

Select ripe, juicy pears, cut in halves and remove cores. Canned pears may be used in place of fresh. Serve on lettuce with ginger syrup mixed with dressing. Servings, 6.

PRUNE SALAD

Soak prunes and cook until soft. Remove stones and fill prunes with nuts or cream cheese or both. Serve on lettuce with mayonnaise, cooked, or French dressing.

RAISIN SALAD

½ cup seeded raisins
1 cup apples
1 cup celery
½ cup walnut meats
¼ cup mayonnaise dressing

Chop raisins and add apples, celery, and nuts which have been cut in small pieces. Mix with dressing twenty minutes before serving. Chill, and serve on lettuce leaves. Servings, 6.

JELLIED SALADS

In making up a jellied salad from left-overs, remember that the proportion of the gelatine and liquid is two tablespoons of granulated gelatine to one quart of liquid.

ALMOND SALAD

½ cup vinegar
¾ cup sugar
2 tablespoons gelatine
1 cup pineapple juice
½ cup sweet cucumber pickles
½ cup almonds
⅔ cup crushed pineapple

If vinegar is strong dilute with part water. Pickle vinegar may be used with excellent results. Cook vinegar and sugar until it will spin a thread. Soak gelatine in pineapple juice and dissolve in hot syrup. Grind pickled cucumber through chopper, blanch and shred almonds and add pineapple. Combine mixtures, mold, and serve cold on lettuce with mayonnaise.

APPLE MINT SALAD

Core as many apples as will be needed, put them in a saucepan and cover with water. To each apple add one-half cup of sugar and two tablespoons of small red peppermint candies; boil until the water has been cooked down to a jelly, then take out the apples, placing them carefully on a plate. Pour the jelly into small fancy molds, and let harden. Place the apples on lettuce leaves with a mold of jelly on top of each. Pour a French dressing on the lettuce, or, if you prefer, use a spoonful of mayonnaise.

CRANBERRY SALAD

Place round flat molds of cranberry jelly on crisp leaves of lettuce. Spread a layer of finely chopped celery over each round of jelly. Spread salad dressing over the top, and sprinkle thickly with salted almonds which have been chopped or cut into small pieces. This is a delicious and highly attractive salad accompaniment to the meat course.

RED CHERRY SALAD

2 tablespoons gelatine
¼ cup cold water
Boiling water
½ cup celery (cut fine)
Juice of 2 oranges
1 pound can red cherries, pitted
¾ cup sugar
½ cup pecan meats

Soften gelatine in cold water and dissolve in a little boiling water. Add the other ingredients, except nuts. Add boiling water to make one quart liquid. Cool in individual molds. Serve on crisp lettuce leaves with mayonnaise. Garnish with pecan meats. Servings, 6.

FRUIT AND GINGER SALAD

2 tablespoons gelatine
1 cup hot water
1 pint ginger ale
¼ cup lemon juice
2 tablespoons sugar
½ teaspoon salt
2 tablespoons Canton ginger (chopped)

Soften gelatine in a little cold water and dissolve in boiling water. Add ginger ale, lemon juice, sugar, and salt. When partly stiffened stir in the chopped ginger. Turn into a shallow pan. When stiff cut in squares and serve in baskets made by tying together four oblong cheese wafers. Serve with a cream dressing. It takes two pairs of hands to make the cheese baskets, one to hold them while the other ties the ribbons. Servings, 6.

JELLIED FRUIT SALAD

1 tablespoon granulated gelatine
¼ cup cold water
¾ cup boiling water
1 cup fruit juice
½ cup sugar
½ cup canned red cherries
½ cup diced banana
½ cup grapefruit sections
½ cup orange sections

Soften gelatine in cold water, add boiling water and fruit juices (one-half cup juice from the cherries, three-eighths cup orange juice, and two tablespoons lemon juice makes a good combination). Any canned or fresh juice may be used. Add sugar. The exact amount will depend upon the combination of fruit juices used. Stir until sugar is dissolved and let mixture stand until it begins to stiffen. Stir in fruit and turn into a mold. Serve on lettuce with mayonnaise to which whipped cream has been added or with Fruit Salad Dressing (see page 297). Servings, 6.

KENTUCKY SALAD

4 tablespoons gelatine
¾ cup cold water
¾ cup boiling water
¾ cup sugar
¾ cup vinegar
2 cups pineapple juice
3 tablespoons tarragon vinegar
3 tablespoons lemon juice
Few grains salt
1¼ cups ¼-inch cubes cucumber
1¼ cups ¼-inch cubes pineapple

Soak gelatine in cold water and dissolve in boiling water. Then add sugar and vinegar, pineapple juice, tarragon vinegar, lemon juice and salt. When mixture begins to thicken add the cucumber and pineapple which have been chilled and drained. Pour into individual molds and chill. Turn out on lettuce leaves and arrange on a platter. Serve with cream mayonnaise dressing. Servings, 6.

PERFECTION SALAD

2 tablespoons gelatine
½ cup water
½ cup vinegar
1 teaspoon salt
1 teaspoon sugar
¼ cup olives
¼ cup pimiento
1 cup chopped celery
1 cup chopped cabbage

Soften gelatine in cold water and dissolve over hot water. Add vinegar, salt and sugar. Just before it sets add olives and vegetables. Turn into square mold and chill. Cut into squares, serve on lettuce with mayonnaise dressing. Servings, 6.

WINTER SALAD

1 quart tomato
¼ cup chopped onion
1 sprig parsley
2 stalks celery
3⅓ tablespoons gelatine
½ cup cold water
½ teaspoon paprika
2 tablespoons vinegar
1 teaspoon salt
1 tablespoon sugar

Cook together the first four ingredients fifteen minutes after boiling begins and strain. There should be three cups. Soak the gelatine in the cold water, dissolve in the hot mixture, add remaining ingredients, and mold in any desired form. Mold with it a few peas, small pieces of green pepper and crisp celery, and one-half-inch lengths of string beans. Garnish with crisp shredded cabbage and balls of yellow cheese. Serve with French dressing. Servings, 6.

MEAT SALADS

MEAT SALAD

2 cups cold veal or pork cut fine
¾ cup finely cut celery
¼ cup chopped walnuts
2 tablespoons chopped olives
Mayonnaise

Mix meat, celery, nuts, and olives. Add enough mayonnaise to moisten and shape in small balls. Arrange these balls on lettuce placed on individual salad plates. Garnish with olives and mayonnaise. Servings, 6.

MOLDED CHICKEN SALAD

2 cups chicken meat
2 tablespoons gelatine
2 tablespoons cold water
¾ cup boiling water or stock
1 teaspoon salt
2 tablespoons lemon juice
⅛ teaspoon onion extract
1 cup heavy cream

Chop or dice chicken. Soak gelatine in cold water and dissolve in boiling water. Add salt, lemon juice, and onion extract. Add to chicken and cool. Whip cream and fold

into the chicken. Pack in ring molds and when set, turn out on a bed of crisp lettuce leaves. Fill centre with two cups of diced pickled beets. Servings, 6.

VEGETABLE SALADS

ASPARAGUS SALAD

1 can asparagus
¼ cup mayonnaise
½ cup whipped cream
½ cup ripe olives
Dash paprika

Arrange asparagus on lettuce. Fold mayonnaise into cream, and add olives cut not too fine. Serve this dressing on the asparagus. Dust with paprika. Servings, 4.

BEET SALAD

1 tablespoon gelatine
1 tablespoon vinegar
1 cup beet liquor
2 tablespoons sugar
1 teaspoon salt
Pepper
1 cup chopped cooked beets
1 cup diced apples
¼ cup chopped walnuts

Soften gelatine in vinegar and dissolve in hot beet liquor. Cool, add sugar, seasonings, beets, apples, and nuts. Mold and chill. Serve on lettuce with mayonnaise. Servings, 4.

BERMUDA SALAD

2 cups diced apples
½ cup sliced onion
1 cup diced celery
4 tablespoons vinegar
2 tablespoons sugar
1 teaspoon salt
⅛ teaspoon pepper

Combine first three ingredients. Add vinegar mixed with sugar and seasonings. Chill, and serve on lettuce leaves. Servings, 6.

CARROT-BANANA SALAD

3 bananas
2 small carrots
¼ cup salted peanuts
Salad dressing

Dice bananas. Put raw carrots and nuts through meat grinder and mix with bananas. Add salad dressing to moisten. Serve cold on lettuce leaves. Servings, 4.

CARROT RELISH SALAD

2 cups celery
2 cups cabbage
1 cup carrots

Dice celery and cabbage. Grate carrots and add to other ingredients just before serving. Nuts may be added. Mix all together and serve cold with mayonnaise. Servings, 6.

RAW CARROT SALAD

½ cup onion
1 cup chopped carrots
1 cup shredded lettuce
French dressing

Put onion and carrot through meat-grinder. Add shredded lettuce and dressing and mix well. Serve cold on lettuce leaves. Servings, 4.

CHIFFONADE SALAD

1 head romaine or a few hearts of lettuce, young dandelion leaves, or other greens
1 tablespoon, each, of minced parsley, onion, and pimiento
4 tablespoons salad oil
2 tablespoons vinegar
½ teaspoon paprika
¼ teaspoon salt
1 hard-cooked egg

Wash romaine and other leaves thoroughly, using any available salad plants. Chill and arrange in salad bowl. Mix remaining ingredients except egg, chill, and just before serving beat hard with egg-beater, then add chopped egg. Pour this mixture over the salad or pass at table. Servings, 4.

COLESLAW

4 cups shredded cabbage
2 green peppers, chopped fine
1 tablespoon salt
1 tablespoon paprika
¼ cup vinegar

Mix all ingredients together and let stand for half an hour before serving. Servings, 6.

COLESLAW PIQUANT

1 pint shredded cabbage
1 apple cut in "matches"
Mayonnaise or French dressing
1 dozen peanuts or walnuts

Mix cabbage and apple, moisten with dressing, heap in a glass dish and sprinkle with nuts. Two tablespoons of catsup or Chili sauce may be added to the dressing. A bit of diced celery or raw tomato makes a delicious addition to the salad. The nuts may be omitted. Servings, 4.

CUCUMBER SALAD (Russian)

1½ cups diced cucumber
2 teaspoons salt
2 tablespoons vinegar
1½ cups diced red beets
2 tablespoons chopped onion
1 tablespoon chopped green dill
½ cup sour cream

Cover cucumber cubes with two teaspoons salt, let stand one hour. Pour vinegar over cooked, diced beets, let stand one hour. Pour off water which has accumulated on cucumbers, then mix all ingredients lightly together, using salt and pepper to taste. If sour cream is not available add one tablespoon lemon juice to one-half cup sweet cream, and let stand one hour. Serve on lettuce leaves. Servings, 6.

PEANUT SALAD

1 cup salted peanuts (chopped)
1 cup cracker crumbs
2 cups shredded cabbage
2 hard-cooked eggs (chopped)
1 pimiento (chopped)
½ cup mayonnaise
Salt and pepper

Mix all ingredients, using salt and pepper to taste. Chill and serve on lettuce leaves. Servings, 6.

PHILIPPINE SALAD

½ cup diced celery
2 pimientoes, chopped fine
1 cup chopped walnuts
½ green pepper, chopped fine
Mayonnaise

Mix ingredients well, using enough mayonnaise to moisten. Serve in shredded lettuce nests. Servings, 6.

POTATO SALAD

1 large onion
1 tablespoon drippings
⅓ cup vinegar
3 tablespoons sour cream
1 teaspoon sugar
1 teaspoon salt
3 potatoes

Cook sliced onion in drippings until soft but not browned. Add vinegar, cream, sugar, and salt, let boil up and stir well. Potatoes should be cooked and cooled, then diced or sliced. Pour hot dressing mixture over them, cool and serve on lettuce leaves. If wanted hot, heat in double boiler without stirring. Servings, 4.

SWEET POTATO SALAD

3 cups diced cold sweet potato
¼ cup minced sweet peppers
¼ cup finely chopped onion
3 hard-cooked eggs (chopped)
Salad dressing

Mix all ingredients together, using enough salad dressing to blend. Serve as salad with cold boiled ham. Servings, 6.

SPRING SALAD

1 large head lettuce
1 bunch, each, of cress, radishes, young onions
2 tablespoons Roquefort cheese
½ cup French dressing

Chill and shake the lettuce and cress dry. Arrange on salad plates. Slice radishes and onions very thin and arrange prettily. Cream the cheese, mixing it with French dressing. Pour over salad as served. Servings, 6.

TOMATO AND COTTAGE CHEESE SALAD

4 tomatoes
1 cup cottage cheese
Mayonnaise
¼ cup chopped sour pickles

Select ripe tomatoes of even size. Peel and chill. Make three slashes part way through the top of tomato. Fill incisions with cottage cheese which has been highly seasoned. Chill, and serve on lettuce with mayonnaise dressing to which the pickle has been added. Servings, 4.

STUFFED TOMATO SALAD

4 large tomatoes
4 slices pineapple
3 tablespoons mayonnaise dressing
4 tablespoons whipped cream
Heart of lettuce

Cut slice off stem end of tomatoes. Scoop out centres. Place on lettuce, fill with diced pineapple and put a tablespoon of dressing on each. Mix the mayonnaise with the cream for dressing. Servings, 4.

VEGETABLE SALAD

1 cup diced beets
1 cup kidney beans
1 cup diced celery
2 ripe tomatoes or
1 cup tomato jelly
½ cup French dressing

Combine vegetables with French dressing and let stand several hours to marinate. Serve on crisp lettuce leaves. If tomato jelly is used, cut into cubes but do not add until just ready to serve. Onion may be added. Servings, 6.

WHITE SALAD

1 quart cabbage (chopped)
2 cups almonds
2 cups marshmallows

Chop cabbage very fine. Chop almonds Cut marshmallows in small pieces. Mix and serve with a whipped cream dressing. Servings, 8.

SALAD DRESSINGS

Facts to Remember about Salad Dressings

There are three types of salad dressing in common use — French, mayonnaise and boiled. Most of the others are simply variants of these foundations.

French dressing is simply a mixture of oil, acid and seasonings thoroughly blended by beating.

Mayonnaise is another uncooked dressing. It contains the same ingredients as French dressing and, in addition, egg to give it body. Mayonnaise is a rich dressing and should be used sparingly.

Difficulty frequently arises in making mayonnaise, because the ingredients tend to separate instead of blending into a smooth thick dressing. If this curdling does occur, there are various ways of remedying the condition. The simplest is to take a very little cold water (not more than half a teaspoonful) and add to it the mixture drop by drop, beating vigorously. A fork is effective for beating when working with a small quantity like this. A small amount of egg white may be used in the same way in place of the water, or the dressing may be made over by starting with another egg yolk and adding the original mixture to it very gradually.

The so-called boiled dressings are not actually boiled, but cooked below the boiling point like a soft custard. They consist of a liquid, usually milk, thickened with egg or starch or a combination of both and seasoned highly. The secret of making a cooked dressing without having it curdle lies in having the acid and the foundation mixture both hot or both cold when they are mixed. Like a custard, a boiled dressing made with egg must not be cooked too long nor at too high a temperature. Vigorous beating will sometimes make a curdled boiled dressing smooth again.

For delicate salads, lemon juice is often preferred in place of vinegar in the dressing. To mayonnaise or boiled dressing an equal quantity of whipped cream may be added.

ARCADY DRESSING

2 cups milk
2½ tablespoons cornstarch
2 egg yolks
¼ cup sugar
1½ teaspoons salt
¾ teaspoon mustard
¼ cup vinegar
3 tablespoons salad oil

Heat the milk in the top of the double boiler. Add the cornstarch and cook twenty minutes. Pour mixture slowly

over beaten egg yolks, which have been mixed with the sugar, salt, and mustard. Cook as you would custard. Remove from the fire when it is thick enough to coat the spoon. Beat in the vinegar and oil with egg-beater.

ARCOLA DRESSING

2 egg yolks
½ cup honey
1 tablespoon sugar
4 tablespoons lemon juice
½ cup cream (whipped)

Beat yolks, add honey, sugar, and lemon juice. Cook five minutes and cool. Add whipped cream just before serving.

BOILED SALAD DRESSING NO. 1

2 tablespoons butter
2 tablespoons sugar
2 tablespoons flour
1 teaspoon mustard
Few grains cayenne
1 cup milk
½ cup vinegar
2 egg yolks

Melt butter, add flour mixed with other dry ingredients and blend thoroughly. Add milk slowly and cook until thickened. Add hot vinegar. Pour on to beaten yolks and cook three minutes.

BOILED SALAD DRESSING NO. 2

6 tablespoons flour
1½ teaspoons mustard
1 tablespoon salt
2 tablespoons sugar
2 cups milk
2 eggs
1½ cups weak vinegar
1 tablespoon onion juice
2 tablespoons butter

Mix together the dry ingredients and combine with the hot milk, beating to prevent lumping. Cook until thick, add beaten eggs and five minutes later the hot vinegar, onion juice, and butter. Cook a few minutes longer. Remove from heat and chill. Can and seal. This will keep for some time.

CABBAGE SALAD DRESSING

1 cup vinegar
1 tablespoon butter
2 tablespoons sugar
2 tablespoons flour
1 teaspoon salt
1 teaspoon mustard
¼ teaspoon pepper

If vinegar is very strong dilute with water. Scald vinegar and melt butter in it. Mix other ingredients, add hot vinegar, and cook five minutes over flame. Pour hot over shredded cabbage.

CALIFORNIA SALAD DRESSING

1 cup whipped cream
½ cup chopped ripe olives
½ cup chopped walnut meats
1 cup mayonnaise

Fold cream, olives, and nuts into the mayonnaise.

CALIFORNIA SUNSHINE DRESSING

½ cup juice from canned pineapple
¼ cup orange juice
¼ cup lemon juice
2 teaspoons sugar
2 teaspoons cornstarch
¼ teaspoon salt
1 egg yolk
1 teaspoon salad oil
Whipped cream

Mix fruit juices and heat. Add sugar, cornstarch, and salt, and cook fifteen minutes in the top of the double boiler. Add egg yolk and cook as custard. Remove from the fire, add salad oil, and beat vigorously. Blend with an equal quantity of stiffly whipped cream, and serve with fruit salad.

CREAM DRESSING NO. 1

½ cup thick sour cream
2 tablespoons lemon juice
½ teaspoon mustard
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon sugar

Beat cream, lemon juice, seasonings, and sugar together until thick. Chill and serve.

CREAM DRESSING NO. 2

2 tablespoons butter
4 tablespoons flour
1½ cups evaporated milk
¼ cup sugar
½ teaspoon salt
2 tablespoons lemon juice

Melt butter, add flour, and mix to a smooth paste. Add milk and cook until thick. Add other ingredients, beat well, and chill. This is a delicious dressing for fruit salad.

CREAM DRESSING NO. 3

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour
1½ teaspoons confectioners' sugar
Speck cayenne
1 teaspoon butter
⅓ cup vinegar
1 egg yolk
½ cup heavy cream

Mix dry ingredients. Add butter and vinegar. Cook until thick, stirring constantly. Add egg yolk and cook one minute. Cool, and add cream which has been stiffly beaten.

EGGLESS SALAD DRESSING

⅔ cup vinegar
½ cup water
½ cup sugar
1 tablespoon butter
1 tablespoon flour
½ teaspoon white pepper
1 teaspoon mustard
1 teaspoon salt

Mix all ingredients and cook over fire until thick. When using, add two tablespoons of dressing to one-half cup of sweet cream. Or it may all be mixed with slightly sour cream, and sealed in small jars.

FRENCH DRESSING NO. 1

6 tablespoons salad oil
2 tablespoons vinegar
½ teaspoon salt
½ teaspoon sugar
¼ teaspoon paprika
Dash of cayenne

To oil and vinegar add dry ingredients, and beat until thick. For variety Chili sauce may be added.

FRENCH DRESSING NO. 2

½ cup vinegar
1 cup oil
1½ teaspoons salt
¼ teaspoon pepper
Speck cayenne
1 teaspoon sugar
½ teaspoon onion juice
½ teaspoon mustard

Put all ingredients in a tall bottle, tightly cork and shake vigorously three minutes. Chill, and shake well before serving.

CREAM FRENCH DRESSING

⅔ teaspoon salt
¼ teaspoon paprika
6 tablespoons salad oil
3 tablespoons lemon juice or white vinegar
4 tablespoons heavy cream

Mix ingredients and beat with egg-beater until creamy. Serve at once.

FRUIT SALAD DRESSING

¼ teaspoon mustard
1 teaspoon salt
⅛ teaspoon paprika
1 tablespoon strained honey
1 egg
1½ tablespoons lemon juice
⅓ cup milk
1 cup heavy cream

Mix mustard, salt, and paprika, add strained honey and egg slightly beaten. Add lemon juice, and pour on milk slowly, stirring constantly. Cook in double boiler until thick, stirring all the time. Cool, and fold in cream which has been beaten until stiff.

GROTTO DRESSING

¼ cup onion
2 tablespoons green peppers
¼ cup dill pickle
¼ cup celery
2 tablespoons pimiento
½ cup mayonnaise
¼ cup Chili sauce
¼ cup tomato catsup

The vegetables should be chopped or minced fine before measuring. Mix, and add to mayonnaise, with Chili sauce, and catsup. Chill before serving.

HOLLAND CHEESE DRESSING
(For Green Salad)

4 tablespoons salad oil
1 teaspoon salt
½ teaspoon pepper
2 tablespoons vinegar
1 teaspoon Worcestershire sauce
½ cup grated American cheese

Mix ingredients in order given and stir thoroughly.

MAYONNAISE (Acidulated Gelatine)

1 teaspoon gelatine
1 teaspoon mustard
1 teaspoon salt
Cayenne
2 egg yolks
2 cups salad oil
1 lemon (juice)

Soften gelatine in one tablespoon cold water, and dissolve over boiling water. Mix seasonings with beaten egg yolks, and add dissolved gelatine. Add oil gradually, beating constantly. As mixture thickens thin with lemon juice.

MAYONNAISE NO. 1

½ teaspoon salt
½ teaspoon powdered sugar
½ teaspoon mustard
¼ teaspoon paprika
1 egg yolk
2 tablespoons vinegar or lemon juice
1 cup salad oil

Mix dry ingredients, add egg yolk and blend thoroughly. Add one teaspoon of the vinegar. Add oil very slowly, beating all the time. After one-quarter cup of oil has been used, the rest may be added more rapidly. Thin with the vinegar, or lemon as necessary.

MAYONNAISE NO. 2

1 teaspoon salt
1 teaspoon mustard
¼ teaspoon paprika
Speck pepper
½ teaspoon sugar
1 whole egg
2 cups salad oil
¼ cup vinegar or lemon juice

Mix dry ingredients and add to egg. Slightly beat the egg with a fork in a shallow dish, and add oil a few drops at a time until it is well started. Then turn into a deep dish, and use an egg-beater, adding the oil quite quickly. Use the vinegar to thin with until all is used. More oil may be beaten in if desired. Seasonings may be added to suit the taste.

FRUIT MAYONNAISE

½ cup salad oil
3 tablespoons pineapple juice
2 tablespoons lemon juice
1 tablespoon orange juice
⅛ teaspoon mustard
½ teaspoon salt
1 egg yolk
2 tablespoons honey
Whipped cream

Beat the oil and fruit juices gradually, into the well-mixed seasonings, egg yolk, and honey. This will be thinner than ordinary mayonnaise, because of the larger proportion of fruit juices.

Mix with an equal quantity of stiffly whipped cream and serve with fruit salad.

If you have no honey on hand a sugar syrup may be substituted. Make it by using equal quantities of sugar and water, and boiling for a minute or two on the stove, watching carefully, since the quantity is so small. Do not stir while it is boiling.

This dressing is also delicious when served with a chicken salad, or a lobster salad which contains a few pieces of pineapple.

ONE-MINUTE MAYONNAISE

1 egg
½ teaspoon mustard
½ teaspoon salt
2 tablespoons lemon juice or vinegar
Speck cayenne
1 pint salad oil

Break egg in a bowl. Add mustard, salt, lemon juice, and cayenne. Beat together a few seconds. Add oil slowly, beating constantly.

PIMIENTO DRESSING

2 tablespoons pimiento cheese
2 tablespoons butter
¼ teaspoon paprika
½ cup salad oil
1 tablespoon vinegar or lemon juice

Cream cheese and butter thoroughly, adding paprika, then add salad oil and vinegar alternately, and very slowly, beating with fork, or egg whip constantly. If sealed in glasses this dressing will keep for some time, and will be just as creamy as when first made.

ROQUEFORT CHEESE DRESSING

This may be made by adding two tablespoons of grated Roquefort to a cup of French dressing.

SALAD DRESSING

¾ cup milk
2 teaspoons butter
½ cup vinegar
1 egg
Salt
Mustard

Heat milk. Add the butter, vinegar, beaten egg, and seasoning. Cook until consistency of a custard, stirring constantly. This will keep a long time in a cool place.

SOUR CREAM DRESSING

2 teaspoons sugar
1 teaspoon salt
½ teaspoon mustard
½ teaspoon paprika
1 egg
1 cup sour cream
3 tablespoons vinegar

Mix dry ingredients, add egg slightly beaten, sour cream, and vinegar. Cook in double boiler until thickened, stirring constantly.

SOUR MILK OR BUTTERMILK SALAD DRESSING

¼ cup butter
¼ cup sugar
4 tablespoons flour
2 teaspoons salt
½ teaspoon mustard
2 eggs
1½ cups sour milk or buttermilk
¾ cup weak vinegar

Melt the butter, add the sugar, flour, and seasonings. Add beaten eggs and the milk and stir over hot water until thick, then add the vinegar, slowly, stirring constantly until it thickens again. Remove from the heat, chill and serve.

THOUSAND ISLAND DRESSING NO. 1

1 tablespoon minced onion
1 tablespoon minced dill pickle
1 tablespoon minced beets
1 tablespoon minced hard-cooked egg
1 tablespoon minced chives
1 tablespoon minced pimiento
1 tablespoon minced parsley
1 cup mayonnaise dressing
2 tablespoons Chili sauce
½ teaspoon Worcestershire sauce

Add the minced ingredients to the mayonnaise, with the seasonings, and let stand ten minutes or more to ripen. Chill before serving.

THOUSAND ISLAND DRESSING NO. 2

½ cup canned tomato soup
¼ cup whipped cream
1 teaspoon vinegar
¼ teaspoon salt
3 tablespoons finely chopped sour pickle
2 tablespoons finely chopped olives
Few drops onion juice

Have soup (undiluted) very cold, and fold in whipped cream. Add vinegar, salt, pickles, olives, and onion juice. Mix well. Serve on lettuce hearts.

WHIPPED CREAM DRESSING

½ cup sugar
1 teaspoon flour
2 tablespoons vinegar
2 lemons (juice)
2 egg whites
2 cups whipped cream

Mix sugar, flour, vinegar, and lemon juice. Cook in double boiler until thick. Fold in egg whites, which have been beaten stiff. When cool, add the whipped cream.

WOLCOTTVILLE DRESSING

½ teaspoon salt
½ teaspoon sugar
¼ teaspoon mustard
2 tablespoons evaporated milk
1 cup salad oil
2 tablespoons vinegar or lemon juice

Add seasonings to milk and stir until smooth. Beat in oil gradually. Add acid. Beat vigorously, as the mixture thickens rapidly.

SANDWICHES

The variety that is possible in sandwiches is almost unlimited, but in general they may be divided into three classes — lunch box or picnic sandwiches, whole-meal sandwiches and afternoon tea sandwiches.

Sandwiches usually form an important part of the lunch box or picnic meal. Fillings should be selected which give adequate food value and sufficient variety to appeal to the appetite. The keeping quality is also a consideration. Vegetables that wilt quickly, and semi-liquid mixtures that soak into the bread should be avoided.

A whole-meal sandwich should be sufficiently hearty to make a whole course at luncheon or supper. Salad sandwiches, meat sandwiches served with hot gravy, and club sandwiches fall into this class. Sandwiches made from toast instead of plain bread are often used.

For the afternoon tea sandwich, slices of bread with the crust removed and of wafer-like thinness are essential. Fancy cutters have their place here. The open sandwich, a single slice of bread spread with filling and attractively garnished, may be used for variety.

The canapé is really an open sandwich served as the first course at dinner. Highly seasoned fillings are used and the bread is usually sautéd in butter or toasted.

Yeast bread for sandwich making should be at least twenty-four hours old. Quick bread may be used when it is less than twenty-four hours old if it is quite cold and is firm in texture.

The bread should always be cut in even slices never more than a quarter of an inch thick. If the loaves are of uniform shape, and if the crust is not hard nor too dark in color, it is not necessary to remove the crusts from sandwiches except for special occasions.

The butter should be creamed until very soft, but it never should be melted. The slices of bread should be buttered in the order in which they are cut and kept in pairs so that they will fit together evenly. They should be buttered to the very edges.

Filling should be used generously and spread evenly. The ingredients should be chopped fine enough to make a smooth filling. Fillings should be spread to cover the bread completely. Sliced meats and vegetables should be trimmed to correspond to the shape of the sandwich.

Sandwiches which are to be kept any length of time should be wrapped in a cloth wrung very dry from cold water. For the lunch box, sandwiches should be wrapped in waxed paper. It is best to keep sandwiches with different fillings separate from one another.

APPLE SANDWICHES

2 ripe apples
2 stalks celery
1 sweet pepper

Chop ingredients fine, and mix together with a little mayonnaise dressing. Spread between thin slices of buttered bread and garnish with a sprig of watercress. 6 sandwiches.

CREAM CHEESE AND NUT SANDWICHES

3 ounces chopped nuts
3 cream cheeses
3 tablespoons French Dressing

Mix nuts, cheeses, and dressing and spread between thin slices of bread. 18 sandwiches.

EGG AND WATERCRESS SANDWICHES

4 hard-cooked eggs
1 bunch watercress
½ cup mayonnaise
Salt, pepper, paprika

Chop egg and cress very fine, mix to a paste with mayonnaise, and season to taste. Spread on thin buttered slices of entire wheat bread. Cut any shape desired. 9 sandwiches.

GUAVA SANDWICHES

¾ cup cream cheese
2 tablespoons cream
¼ cup salted almonds, chopped
Guava jelly

Mash cheese, soften with cream, and add chopped nuts. Spread on thinly sliced bread, cover with a thin layer of Guava jelly, and make into sandwiches. Cut fancy shapes from thin slices of the jelly and place one on each sandwich. 8 sandwiches.

HONDURAS SANDWICH

Cut slices of bread thin and remove the crusts; between each of the two slices of bread put some leaves from the heart of a head of lettuce, two slices of tomato, and three or four slices of cucumber. Then add two or three thinly cut pieces

of pineapple. Top the sandwich with a small spoonful of Fruit Salad Dressing (see page 297).

HOT HAM SANDWICH

1 cup minced ham
2 eggs
1 teaspoon prepared mustard
12 slices toast

Mix ham, eggs, and mustard. Sauté ham mixture by spoonfuls, making a thin cake to fit a slice of toast. Place between pieces of hot buttered toast, cut diagonally, and serve hot. Servings, 6.

HOT LETTUCE SANDWICH

Spread two slices of bread with bacon fat. Brown in a skillet. When done, quickly dip a few leaves of lettuce or dandelion in vinegar. Sprinkle with minced onion and lay between slices of toasted bread. Serve immediately.

LUNCHEON CANAPÉS

6 slices toast
3 tablespoons anchovy paste
6 eggs
2 cups tomato sauce or white sauce

Cut toast in rounds and spread with anchovy paste. Poach eggs and place one on each slice of toast. Serve with Tomato Sauce or White Sauce (see pages 239, 240). Servings, 6.

PEANUT SANDWICHES

1 cup crushed pineapple
½ cup peanut butter

Mix pineapple with peanut butter. Spread on slices of bread. 8 sandwiches.

ORANGE SANDWICHES

1 cup powdered sugar
1 tablespoon orange juice
1 cup crystallized orange peel

Moisten sugar with orange juice, add finely cut crystallized orange peel. Spread thinly cut slices of bread with creamed

butter, and then with the mixture. Combine slices to make sandwiches. 6 sandwiches.

RAREBIT SANDWICHES

1 tablespoon butter
1 cup American cheese, finely cut
1 teaspoon dry mustard
½ teaspoon salt
Dash paprika
Chutney sauce

Melt butter and cheese, add mustard, salt, and paprika. When smooth put two tablespoons on a buttered slice of bread. Spread with Chutney sauce, and cover with another slice. Press slices together tightly, and dip in batter made from one beaten egg, and one cup of milk. Sauté in butter and serve hot with Ginger Ale.

TOASTED LUNCHEON SANDWICHES

Spread slices of bread with butter, and prepared mustard, or the mustard alone. Place between two slices thin strips of American cheese. Cut in halves either as triangles or oblongs, toast on both sides and serve at once.

SANDWICH FILLINGS

Mix equal quantities of Neufchatel cheese and chopped olives. Season with salt and pepper and moisten with mayonnaise.

Mix equal quantities of cream cheese and chopped olives. Season with paprika and salt.

Mix equal quantities of cream cheese and grape jam.

Mix one cup of chopped chicken with one-half cup of walnuts.

Sweeten almond paste with powdered sugar, season with salt, and moisten with cream. Serve on unsalted crackers.

Chop one large Spanish onion and mix with hot mayonnaise dressing. Season with salt.

Chop two sweet green peppers, two sweet pickles, and two hard-cooked eggs. Mix with mayonnaise and season with salt.

Mix equal quantities of peanut butter and chopped celery. Spread on white bread.

Chop preserved figs and moisten with lemon juice. Spread on graham or whole wheat bread.

Combine equal quantities of peanut butter and mild cheese. Spread between slices of white and brown bread.

Cream a pimiento cheese, and put between one slice of brown and one of white bread.

Mix together one cup chopped celery, one tablespoon of walnuts, and six olives. Use as a filling for dark breads.

Cook one cup of chopped raisins until soft. Add one cup of chopped celery, and moisten with one teaspoon of lemon juice and mayonnaise.

MOCK PÂTÉ DE FOIE GRAS

Cook a calf's liver in salted water until very tender. Grind in a meat-cutter. Moisten with melted butter. Work into a paste with —

¼ teaspoon cayenne or
½ teaspoon black or white pepper
½ teaspoon ground nutmeg
Speck clove
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
Salt to taste
1 tablespoon of the water in which a minced onion has been boiled

Pack into jars that have been buttered, cover with melted butter, and set aside to be used for sandwich filling, or to serve on biscuit or crackers for afternoon tea.

PEANUT BUTTER SANDWICH FILLING

8 slices bacon
½ cup peanut butter

Broil bacon until crisp. Grind. Mix with peanut butter. 6 sandwiches.

SANDWICH FILLING

1 cup peanut butter
1¾ cups blackberry jam or jelly
1½ cups chopped raisins
1 cup pecan or almond meats (chopped)

Mix all ingredients thoroughly. 25 sandwiches.

SANDWICH FILLING PIQUANT

1 cup cucumber or new cabbage
½ cup onion
4 tablespoons sweet pepper
Cayenne

Chop cucumber moderately fine, mix with minced onion, sweet pepper, and cayenne. Use at once, or, if allowed to stand before using, drain off accumulated water.

SPRING SANDWICH FILLING

1 cup green pepper
⅓ cup onion (Spanish or Bermuda)
1 teaspoon salt
1 cup pimiento cheese, or
1 cup cottage cheese, and
¼ cup chopped pimiento

Put the pepper and onion through the food chopper, using fine cutter. Add with salt to the cheese, and pimiento, and mix well. 12 sandwiches.

TUNA FISH AND MUSTARD PICKLE SANDWICH FILLING

1 can (small size) tuna fish
1 cup mustard pickle
Salt, pepper

Flake tuna fish very finely. Chop mustard pickle and add to fish, add salt and pepper to taste. If more liquid is needed to make a softer paste, add water. 12 sandwiches.

SOUPS

Facts to Remember about Soups

Whether soup is used in the menu as an appetizer or for its food value depends upon its nature. Clear soups like bouillon, consommé and plain meat broth have very little fuel value in themselves but they start the flow of gastric juices and help to create an appetite Thick cream soups and purées are sufficiently nourishing to make up a substantial part of the meal.

Soup affords the housekeeper an excellent opportunity for utilizing left-overs.

Careful preparation and service is particularly important with soup. Lukewarm, greasy or poorly seasoned soup is one of the most unappetizing dishes that can be served.

Any highly seasoned, clear stock may be made into a jellied soup that appeals particularly to the appetite on a hot day. Use a little less than a tablespoon of gelatine, softened in cold water, to each pint of liquid. Jellied soup should be a little less solid than a gelatine dessert.

Fruit soups are less known to Americans, and to the conservative palate, unaccustomed to them, probably make small appeal. As a variety in the menu they recommend themselves for trial to the discriminating cook.

BLANKET RECIPE FOR FISH OR MEAT CREAM SOUPS

1 quart milk, or 2 cups milk and 2 cups white soup stock
1 cup minced, canned salmon, tuna fish, flaked, canned fish or left-over whitefish of any kind, or
1 cup finely minced veal or chicken
½ teaspoon onion juice
⅛ teaspoon pepper
Salt to taste
2 tablespoons butter
2 tablespoons flour
2 teaspoons minced parsley

Scald the milk with fish or scald stock and milk combined, with meat. Add seasonings, and in the meantime, rub together butter and flour. Add the scalded mixture gradually to this, return the whole to a double boiler, and cook until

thickened — about twenty minutes. Then add parsley. A few left-over canned peas, a little minced, cooked carrot, or some finely shredded canned string beans, or diced, cooked celery may be added if on hand. If desired, the flour may be omitted, the butter being beaten into the soup, and one-half cup of cooked brown or white rice, or farina, may be combined with a little of the soup, then stirred in to thicken.

BLANKET RECIPE FOR SOUPS OF LEGUMES

- 1½ cups split peas, cow peas, any kind of beans, except soy beans, or lentils
- 2 quarts cold water
- ⅛ teaspoon soda
- 1 small onion, minced
- 2 tablespoons dried or ½ cup fresh celery leaves (if desired)
- ½ tablespoon sugar
- Salt and pepper to taste
- 1 pint milk
- 3 tablespoons butter, or any kind meat drippings
- 3 tablespoons flour

Soak the vegetables overnight in water to cover. Drain, rinse, add to the cold water with the soda, onion, celery, and sugar. Cook slowly until perfectly tender, replenishing the water to keep the amount of the liquid always about two quarts. Season to taste with salt and pepper, then rub through a sieve and add the milk. Rub together the butter and flour. Add a little of the hot mixture to this, and return to the whole amount, let boil two or three minutes, and serve. If desired, a little salt pork may be diced and cooked in the soup, or the liquid from ham, if not too salt, or corned beef, may be used instead of the cold water.

BLANKET RECIPE FOR VEGETABLE CREAM SOUPS

- 1½ cups vegetable pulp (made of any cooked vegetable)
- 2 cups cold water
- ½ teaspoon onion juice
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons butter
- 2 tablespoons flour
- 2½ cups milk

Combine the vegetable pulp and water with the seasonings, and simmer for ten or fifteen minutes. Melt the butter, stir in the flour, and gradually add the milk, stirring almost con-

stantly, and cook until thickened. Then combine it with the vegetable pulp and liquid, which may or may not be pressed through a sieve.

BROWN SOUP STOCK

4 pounds shin or shank of beef
2 tablespoons beef drippings
3½ quarts water
½ tablespoon pickle spice
1 cup chopped celery leaves
¼ cup each, chopped carrots, onions, and turnips
1 tablespoon salt

Cut meat from bone, brown in drippings. Add water and cracked bone, bring slowly to boiling point, cover closely and simmer about three hours. Add remaining ingredients and cracked bone, bring slowly to boiling point, cover closely, and simmer an hour. Strain. Cool uncovered and remove fat. Then heat to boiling point, stirring constantly, and let boil vigorously for five minutes. Add a little cold water, cool slightly, skim and strain.

WHITE SOUP STOCK

3½ pounds knuckle of veal
2½ quarts cold water
1 medium sized onion
½ cup fresh or 2 tablespoons dried celery leaves
1 teaspoon salt
¼ teaspoon mace
½ teaspoon pickle spice

Cut meat from bone in small pieces. Then add it to the water, heating gradually to boiling point. Add other ingredients, cover closely, and simmer about four hours, replenishing the water sufficiently to keep the amount of liquid two quarts. Strain, cool, and remove any fat or scum.

SOUPS, COLD

BEET SOUP

4 boiled beets
2 tablespoons butter
3 tablespoons flour
1½ teaspoons salt
Dash of pepper
3 cups water
1 lemon (juice)
Slices of lemon

Peel and chop beets. Melt butter, add flour, salt and pepper. Stir in water, add beets and boil three minutes. Add lemon juice and remove from fire. Chill and serve with a slice of lemon in each plate. Servings, 4.

FRUIT SOUP

1 cup red raspberries
1 cup red currants
1 quart cold water
½ lemon
Sugar
2 tablespoons cornstarch
¼ cup cold water
Pinch nutmeg

Cover berries and currants with cold water, and bring slowly to boil. Let boil a few minutes to extract juice and strain. There should be one quart of liquid. Add juice and grated rind of lemon, and sweeten to taste. Thicken with cornstarch moistened with water. Add nutmeg. Serve hot or cold. Servings, 5.

UNCOOKED PEACH SOUP

Skin and pit twelve large ripe peaches. Slice thinly, sprinkle with sugar, and let stand one hour. To each pint of juice add a teaspoon of ground almond meats, and one-third pint of grape juice. Chill and serve. Servings, 8.

JELLIED BEEF BOUILLON

6 bouillon cubes
4 cups water
2 tablespoons gelatine
¼ cup cold water
½ teaspoon lemon juice

Dissolve bouillon cubes in the four cups of water. Combine gelatine and cold water, and let stand five minutes. Then stir into the beef bouillon, which should be boiling, and add the lemon juice. Pour into a dripping pan which has been rinsed with cold water and let stiffen. To serve, cut into cubes and pile in bouillon cups. Servings, 6.

ICED TOMATO BOUILLON

2 cups beef stock
1 teaspoon salt
2 cups tomato juice
Paprika
Pepper
Whipped cream

Boil together for fifteen minutes beef stock, salt, tomato juice, paprika, and pepper. Serve ice cold with one teaspoon of whipped cream in each cup. Servings, 5.

HOT BOUILLONS

COMMONWEALTH BOUILLON

2 tablespoons malted milk
1 cup hot water
½ teaspoon vegetable extract
Salt

Moisten malted milk with a little cold water. Mix hot water, vegetable extract, and salt. Combine mixtures and serve at once. A little more salt may be needed for some tastes, and a spoonful of whipped cream may be added. Servings, 1.

MINUTE BOUILLON

4 bouillon cubes
3 cups boiling water
2 drops Worcestershire sauce
1 cup tomato juice
Cayenne
Grated cheese

Dissolve cubes in water and add other ingredients except cheese. When ready to serve, add a teaspoon of grated cheese to each cup. Servings, 4.

SPINACH BOUILLON

1 quart spinach stock
2 tablespoons flour
1 tablespoon butter
¼ cup evaporated milk or thin cream
Salt, paprika
¼ teaspoon celery salt
½ teaspoon onion extract
Speck mace
4 teaspoons lemon juice

Strain the liquid from a peck of spinach which has been cooked without the addition of any water. Blend flour and butter. Add milk gradually. Cook until it thickens and add to spinach liquid. Add seasonings. A few minutes before serving, add lemon juice. Serve very hot in bouillon cups. Servings, 4.

SPRING BOUILLON

1 quart vegetables (turnip, carrot, celery, onion)
2 tablespoons rolled oats
¼ cup cream
1 teaspoon salt
Speck pepper
¼ teaspoon paprika

Cut vegetables in small pieces and cook in boiling water until tender. Strain off the liquid. There should be four cupfuls. Add rolled oats and cook in double boiler one hour. Then strain, and add cream, seasonings, and enough water to make one and one-half quarts. Serve hot. Servings, 6.

SOUPS (Hot)

CREAM SOUPS

¼ cup butter or meat fat
¼ cup flour
1 quart milk
2 teaspoons salt
Vegetable pulp and stock

Melt the fat and stir it into the flour. When these are thoroughly mixed, add the cold milk and salt, and heat until the flour is cooked, stirring constantly until the milk boils. Add mashed vegetables to the thickened milk, together with enough of the water in which the vegetables were cooked, to reduce again to the consistency of the thickened milk. A desirable flavor can be obtained with as small a quantity as one-half cup of strongly flavored stock and pulp. As much as one quart of the more delicately flavored vegetables may be used. Servings, 6.

GOLDEN SOUP

¾ cup cooked squash
1 pint milk
1 pint water
2 tablespoons butter
3 tablespoons flour
Salt, pepper
Onion juice

Strain squash, add milk and water, and bring to boiling point. Rub butter and flour together, add to soup and

cook until thickened, stirring constantly. Season with salt, pepper, and a few drops of onion juice. Servings, 5.

LEEK OR ONION SOUP

2 small onions
6 leeks
4 tablespoons fat
2 medium sized potatoes
1 quart boiling water
Rich milk
Salt, pepper
Chopped parsley

Cut onions and leeks in small pieces, and cook in fat until slightly colored. Peel potatoes and cut in pieces, add onion mixture and water, and cook until vegetables are quite soft. Rub through purée strainer. Add enough milk to make a quart of soup, season to taste and bring to boil. Sprinkle with chopped parsley and serve at once. Servings, 5.

CREAM OF LETTUCE SOUP

1 quart chopped lettuce
2½ cups stock (or water)
2 tablespoons onion
2 tablespoons fat
2 tablespoons flour
2½ cups hot milk
1¾ teaspoons salt
⅛ teaspoon pepper

Use the coarse outside leaves of a head of lettuce for soup, reserving the heart leaves for salad. A few left-over leaves of cress, endive, or other leaves may be utilized. Chop very fine. Add stock (or water) and minced onion, and cook twenty minutes. Cream together butter, or other fat, and flour. Stir into hot milk and cook thirty minutes in double boiler. Add lettuce mixture and seasonings, bring to boil and serve at once. Servings, 6.

LIMA BEAN SOUP

1 cup dried Lima beans
2 tablespoons onion
1 stalk of cut celery
¼ cup of butter
2 tablespoons flour
3 cups milk
½ teaspoon Worcestershire sauce
1 sprig parsley
⅛ teaspoon pepper

Cover the beans with cold water, soak overnight, and drain. Add water, cook until soft, and strain. Add onion and celery

cooked until tender. Stir melted butter and flour together until smooth, add milk, and cook thirty minutes in double boiler, stirring until perfectly smooth. Add seasonings, combine mixtures, and bring to boiling point before serving. Any white beans may be used in this way. Servings, 5.

CREAM OF PEA AND TOMATO SOUP

1 cup canned peas
2 cups milk
1 tablespoon flour
1 tablespoon butter
1 can tomato soup
Pinch of soda
Salt, pepper

Heat peas and force through a strainer. Add hot milk, and thicken with butter and flour rubbed together. Heat tomato soup, adding a pinch of soda, and seasonings. Add to first mixture just before serving. Servings, 5.

SCALLOP SOUP

1 quart scallops
2 tablespoons minced onion
3 tablespoons pork fat
1 pint water
1 quart rich milk
5 tablespoons flour
3 tablespoons butter
Salt and pepper to taste
2 tablespoons minced parsley

Wash scallops and chop fine. Cook onion in pork fat until it begins to turn yellow, add water and scallops, and simmer twenty minutes. Heat milk in double boiler, add flour which has been mixed smoothly with butter, and cook until thickened. Combine mixtures, add seasonings, and sprinkle with parsley. Servings, 7.

SPINACH AND ONION SOUP

1 slice bacon
¾ cup sliced onion
¾ cup canned spinach
2 cups boiling water
2 cups milk
1 teaspoon salt
Cayenne
1 tablespoon bacon fat
2 tablespoons flour

Cut the bacon in small pieces and cook until crisp and brown. Pour off the fat to use later. To the bacon add the

onion, spinach, and water and cook slowly twenty minutes. Rub through a coarse strainer and add milk and seasonings. Thicken with the bacon fat and flour creamed together. Bring to the boiling point and serve. Servings, 4.

ASPARAGUS SOUP, FARINA BALLS

1 can asparagus (small)
4 cups water
2 cups stock or consommé
1 tablespoon butter
2 tablespoons flour
Scraping of onion

Cut off the tips from the canned asparagus and save. Boil the stalks in water until quite mushy, about ten minutes, press through a sieve and add more water to make three cups liquid. Add consommé or rich white stock. Thicken with butter and flour and add onion and asparagus tips. Servings, 6.

Farina Balls

2 eggs
2 tablespoons butter
½ cup farina
2 tablespoons flour

Beat eggs, add softened butter and farina mixed with flour. Let stand one hour to swell. Form into balls, drop into briskly boiling soup and cook three minutes. Season very highly, serve at once.

CHICKEN SOUP

Bones and skin of 1 chicken or fowl
12 peppercorns
1 stalk celery, or 1 teaspoon dried celery leaves
2 cups milk
Scraping of onion
2 tablespoons flour
2 tablespoons fat
Salt
2 egg yolks, or 1 whole egg

Boil the bones, neck, and skin of a roasted or boiled bird, with peppercorns for about an hour. Add the celery during the last twenty minutes of the boiling. Reduce the liquor to one cup. Add the milk and onion. Thicken this with two tablespoons flour rubbed with two tablespoons fat.

When seasoned to taste, pour the hot soup over the slightly beaten egg yolks. The soup is improved if each dish is garnished with a teaspoon of whipped cream. Servings, 4.

FJELSTAD SOUP

4 pounds fresh fish (haddock, mackerel, halibut or herring)
1½ pounds veal
4 tablespoons butter
3 tablespoons flour
1 tablespoon salt
Pepper
¾ cup asparagus tips cut in small pieces
2 tablespoons butter

Boil fish until cooked. Remove flesh and boil bones one-half hour more. Strain. Combine with brown stock (four cups) from the veal (made by boiling the veal one and one-half hours and letting the stock boil down to brown on the kettle, adding three cups water and letting stand one-half hour to dissolve). Melt butter, blend flour with it and add a little of the stock to dilute it. Then add this with salt and pepper to stock. Boil three minutes. When serving add to each cup a tablespoon of the asparagus, heated in the two tablespoons butter. A spoonful of whipped cream with a dash of paprika is a delicious addition. Servings, 6.

CREOLE OXTAIL SOUP

2 tablespoons fat
½ cup chopped turnips
½ cup chopped carrots
½ pound lean ham or lean beef
1 oxtail
2 cloves
1 tablespoon flour
2 quarts boiling water
3 tablespoons barley
1 tablespoon salt
⅛ teaspoon pepper
½ cup chopped celery
1 cup chopped onion
1 tablespoon minced parsley

Put fat into a pan and when hot add turnip, carrot, ham, or beef chopped fine, and oxtail cut up. Cook until brown. Add cloves and flour, toss about until all are coated. Add the water, washed barley, one tablespoon salt, and a little pepper. Add celery, onion, and parsley. Simmer three to four hours. If necessary, add water. Servings, 10.

RED BRIDGE SOUP

1 can tomato soup
1 can celery soup
1½ cups milk
¼ teaspoon soda
2 teaspoons very finely minced onion

Heat the soup and milk in separate kettles. In the soup put the soda and minced onion. Just before serving combine the soup and milk. If the soup is for more than four people or if a less rich soup is wanted, vary the recipe by adding:

2 cups water
2 tablespoons flour
2 tablespoons butter

RHUBARB SOUP

6 stalks rhubarb
1 quart veal stock
1 small onion
Salt, pepper
2 thin slices bread

Cut rhubarb in small pieces. Put into veal stock, add onion, salt and pepper, and bread. Let liquor boil, remove scum as it rises, and simmer soup gently until rhubarb is tender. Strain and serve with toasted bread. Servings, 6.

SCOTCH SOUP

1½ cups stock from lamb bones
2 cups strained tomato
1½ teaspoons barley
1 small carrot
2 whole cloves
4 peppercorns
Salt, pepper
Celery salt
Water

The stock is prepared by boiling the bones from the forequarter about three hours. Remove all meat and boil bones again ten minutes. Strain, cool and remove fat. Cook tomato, barley, carrot, and seasonings until barley is cooked. The cloves, peppercorns, and two onions may be cooked with the bones and strained out. Add water to make one quart when ready to serve. Season to taste and serve hot in bouillon cups. Servings, 6.

VEGETABLE SOUP

½ cup chopped carrot
½ cup chopped turnip
¾ cup chopped celery
½ cup chopped onion
½ cup butter
2 cups cut potato
3 pints boiling water
2 tablespoons finely chopped parsley
Salt and pepper to taste

Wash and peel vegetables, and chop coarsely or cut in small pieces; the latter is the better method for potatoes and celery. Measure vegetables after cutting. Mix carrot, turnip, celery, and onion, and cook in butter ten minutes or until butter is absorbed, and vegetables are turning yellow. Add potatoes and water and cook until the vegetables are soft. Add parsley, salt, pepper, and enough water to make two and one-half quarts. Servings, 12.

VIRGINIA VEGETABLE SOUP

½ cup diced carrot
½ cup diced onion
½ cup diced turnip
½ cup diced potato
½ cup diced celery
2 tablespoons diced sweet pepper
½ cup canned tomato, puree, or sauce
2 quarts pork soup stock
1 cup chopped meat
½ cup cooked navy or Lima beans
1 teaspoon salt
1 teaspoon sugar
Speck pepper
Speck cayenne

Simmer raw vegetables in stock until tender, about one and one-half hours. Add meat, cooked beans, and seasonings. Cook fifteen minutes longer. Servings, 10.

WATERCRESS SOUP

1 quart chopped cress
1 quart stock
1 cup rich milk
Scraping of 1 onion
2 tablespoons flour
3 tablespoons butter
½ tablespoon salt
Pepper and nutmeg to taste

Wash cress thoroughly, and chop fine without removing stems. Mix cress and stock, cook about thirty minutes and rub through purée strainer. Add hot milk, onion, and flour which has been mixed with fat, and seasonings. Bring to boil and cook two minutes. Servings, 5.

CHOWDERS

CORN CHOWDER

¼ pound fat salt pork
1 onion (sliced)
4 cups sliced potatoes
1 can corn
1 quart scalded milk
Salt, pepper
8 common crackers or squares of toast

Cut pork in small pieces and try out, add onions and cook five minutes, stirring often that onion may not burn. Parboil potatoes five minutes in boiling water to cover, and drain. Add potatoes to fat, cook until potatoes are soft, add corn and milk, and heat to boiling point. Season with salt and pepper. Add the crackers or toast soaked in enough milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top. Servings, 5.

MUSHROOM CHOWDER

½ cup kidney beans
½ cup diced potato
½ cup diced celery
½ cup diced mushrooms
1 cup stock
½ cup cream or milk
Clove and allspice to taste
Salt, pepper

Soak beans overnight. Cook until half done. Add vegetables and stock and finish cooking. Add cream and seasonings. Serve hot in soup plates. Servings, 4.

POTATO CHOWDER

4 potatoes
1 slice fat salt pork
1 good sized onion
Pepper, salt, celery salt
3 cups milk
1 tablespoon butter
1 tablespoon flour

Pare potatoes, cut through lengthwise in both directions, making the cuts a third of an inch apart, and then slice thinly across. Put into cold water. Dice pork, put into a deep saucepan, and cook until brown. Mince onion and add to pork, together with potatoes. Add a little pepper and celery salt, and a teaspoon of salt. Cover with boiling water and simmer until vegetables are tender. Heat milk and add

to vegetables. Rub butter and flour together, and thicken chowder with it. Servings, 4.

SALMON CHOWDER

3 ounces salt pork
3 tablespoons onion
3 cups boiling water
3 cups diced potato
3 cups hot milk
3 tablespoons flour
3 tablespoons fat
1 one-pound can salmon
Salt to taste
⅓ teaspoon paprika

Cut pork in very small dice, cook slightly, add sliced or chopped onion and cook slowly five minutes. Add water and potato and cook together twenty minutes or until soft. Heat milk in double boiler, and thicken with flour which has been mixed with an equal amount of salt pork fat, and cook twenty minutes or more. Separate salmon into small pieces, remove skin and bones, and add to milk mixture. Combine mixtures, season, and serve. Servings, 7.

TOMATO–CORN CHOWDER

½ cup salt pork, cut fine
1 medium sized onion
1 medium sized potato
2 cups boiling water
2 cups canned corn
2 cups milk
2 tablespoons flour
2 tablespoons cold water
1½ cups canned tomato
1 teaspoon sugar
⅛ teaspoon soda
Salt, pepper

Cook pork until slightly browned and remove pieces from the fat. Slice onion and cook in fat for three minutes. Add potatoes, cut in small pieces, and boiling water. Simmer until potatoes are soft. Add corn and milk and bring to boiling point. Thicken with flour which has been blended with cold water. Heat tomatoes, add sugar and soda, and add to chowder. Add cooked pork. Season to taste with salt and pepper. Servings, 8.

VEGETABLE CHOWDER

½ cup Lima beans
¼ cup barley
¼ cup hulled corn
1½ quarts water
1 cup vegetables, left-over
1 cup brown gravy

Soak Lima beans, barley, and hulled corn overnight in the one and one-half quarts of water. Cook two hours or until vegetables are tender. Add left-over vegetables, brown gravy, and any pieces of diced meat, one-half hour before serving. Season well and serve very hot. If too thick more stock or water may be added. Servings, 6.

VEGETABLES

Facts to Remember about Vegetable Cookery

Vegetables provide some fuel in the shape of sugar and starch and have in addition valuable mineral content, necessary vitamines, and enough indigestible residue to provide roughage.

All vegetables should be carefully washed before cooking. A small brush is convenient for cleaning the root vegetables.

Vegetables that grow in the form of heads, like cabbage, cauliflower and Brussels sprouts, should be allowed to stand half an hour in salt water to draw out any insects that may be lodged in them.

Wilted vegetables may be made fresh and crisp by placing them for a short time in cold water.

Much of the mineral matter in vegetables lies near the skin. For this reason, as thin a paring as possible should be removed. It is often practical to cook vegetables in their skins.

Any vegetable may be cooked by boiling. By this method some of the flavor and nutritive material is drawn out and dissolved in the water. To preserve it, a small quantity of water should be used so that it can be served with the vegetable, or the water should be utilized in soups or sauces. In the case of a strong flavored vegetable, a large amount of water may be used because a more delicate flavor is desirable.

Steaming is also suitable for all vegetables and insures against loss of flavor and nutritive value.

Many vegetables, particularly the starchy ones, develop delicious flavor by baking. By this method, too, the nutritive value is retained.

Some vegetables such as egg-plant, summer squash and parsnips are cooked successfully by frying or sautéing. This method adds fat and improves flavor.

Salt tends to harden the fiber and to draw out the flavor. It is therefore best to add salt to vegetables near the end of the cooking period.

Any record of cooking time is only a general guide. The time varies according to the age and quality of the vegetable.

Over-cooking often develops unpleasant flavors in vegetables and gives them an unattractive color.

ASPARAGUS CROQUETTES

1½ cups asparagus pulp
1½ cups crumbs
1 egg
Salt, pepper
1 teaspoon onion, grated

The inner pulp from the tough ends of asparagus may be utilized here. Boil until soft, scrape pulp free from tough outer skin. Add crumbs, egg, and seasonings. Let stand one hour or more for crumbs to swell. Then form into small balls, and roll in fine crumbs, in egg, and in crumbs again. Fry in deep fat. Serve with White Sauce (see page 240). Time in cooking, 3 minutes for each croquette. Temperature of fat, 370°. Servings, 6.

ASPARAGUS MAÎTRE D'HÔTEL

1 can asparagus tips
⅛ cup butter
1 tablespoon lemon juice
¼ teaspoon salt
⅛ teaspoon paprika
1 tablespoon chopped parsley

Heat asparagus. Cream butter, add lemon juice, seasonings, and parsley. Put on asparagus and let butter melt. Serve on thin slices of toast. Servings, 4.

ASPARAGUS MOUSSELINE

1 bunch or 1 can asparagus
4 slices toast

Cook the asparagus, or heat the canned tips and arrange on toast. Serve with Mousseline Sauce (see page 237) and garnish with paprika.

ASPARAGUS PIMIENTO

1 bunch or 1 can asparagus tips
4 slices toast

Cook the asparagus, or heat the canned tips and serve on toast with Pimiento Sauce (see page 238).

ASPARAGUS ROYAL

1 small can asparagus tips
3 tablespoons butter
3 tablespoons flour
2 cups rich milk
¼ cup grated cheese
½ teaspoon salt
⅛ teaspoon white pepper
Asparagus
Pimiento

Melt butter, add flour, and blend well. Add milk a little at a time, stirring until thickened. Cook five minutes over hot

water, add cheese, and seasonings, and pour over thin slices of toast. Have asparagus hot. Arrange on toast and garnish with thin strips of pimiento. Servings, 4.

STEAMED ASPARAGUS

1½ cups chopped asparagus
2 tablespoons butter
2 eggs
1 cup milk
¼ cup grated cheese
Salt, pepper, and mace to taste
Fine bread crumbs

Boil or steam asparagus, then chop fine. Add butter and let it simmer gently for a few minutes. Beat egg yolks with milk, add cheese and stir into the asparagus. Fold in stiffly beaten egg whites and season to taste. Grease a quart mold generously and line with bread crumbs. Pour in the asparagus mixture and steam forty-five minutes. Serve as main course at luncheon or supper. Servings, 4.

TASTY ASPARAGUS

1 bunch asparagus
2 onions, sliced
3 tablespoons cooking oil

Boil asparagus twenty minutes; remove tough portions, saving one cup of liquor. Cook onions in oil five minutes, add asparagus and liquor. Simmer ten minutes. Serve hot. Servings, 6.

ASPARAGUS ON TOAST

Cut off tough ends of stalks, wash, and cut in inch pieces, keeping tips by themselves. Boil tougher portions in salted water twenty minutes or until tender. Add tips when tougher portions are partly cooked. Drain, pile lightly on buttered toast, which has been moistened with asparagus water, and pour over melted butter, or cover with thin White Sauce (see page 240).

ASPARAGUS WITH WHITE SAUCE

Asparagus
1½ cups thick white sauce
½ cup mayonnaise
1 egg
1 tablespoon lemon juice

Prepare a thick white sauce, using three tablespoons flour and three tablespoons butter to one and one-half cups milk. Pour while hot, into one-half cup mayonnaise, beating well with an egg beater. Pour this mixture into lightly beaten egg, adding lemon juice. Serve hot. Servings, 6.

BAKED BEANS NO. 1

1 pint beans
½ pound salt pork
4 tomatoes
3 small onions
2 green peppers
1 red pepper
6 beef bouillon cubes
1 teaspoon salt
Speck pepper
Water

Soak beans for two hours. Boil for two hours and drain. Cut pork in small cubes, sauté until brown. Add chopped fresh vegetables and cook until brown. Combine beans with vegetable mixture, bouillon cubes, salt and pepper. Put into a two quart bean pot. Add enough water to fill to top and bake in moderate oven. The liquor in the pot after cooking the beans makes a delicious soup.
Time in oven, 4 hours. Temperature, 350°. Servings, 5.

BAKED BEANS NO. 2

1 quart beans
½ pound bacon
1 tablespoon salt
⅓ teaspoon pepper
1 tablespoon prepared mustard
¼ cup brown sugar or molasses
1 cup water

Soak beans overnight. Parboil with one-half teaspoon soda. Drain and rinse. Put them with other ingredients in bean pot. Bake in a moderate oven.
Time in oven, 6 to 8 hours. Temperature, 300°. Servings, 8.

SCALLOPED KIDNEY BEANS

2 cups cooked red kidney beans
⅓ cup raw rice
2 cups tomato
1 tablespoon sugar
¼ cup chopped onion
1 tablespoon drippings
1 teaspoon salt
Speck paprika

Used canned or dried beans. If dried ones are used, soak overnight in cold water, drain. Cover with cold water, add one-eighth teaspoon soda, parboil fifteen minutes, drain. Add boiling water barely to cover, and one-half teaspoon salt and cook slowly in fireless cooker or in oven, or on back of range until soft. There should only be a small amount of thick juice when done. Parboil rice five minutes, drain. Arrange beans and rice in layers in casserole or bean pot. Mix tomato, sugar, onion, drippings, salt, and paprika, and add to bean mixture. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

BAKED LIMA BEANS WITH TOMATOES

1 pound Lima beans
2 cups cooked tomato
Salt, pepper
2 thick slices bacon

Soak beans overnight, parboil five minutes, rinse, cook in water to cover until tender. Add one teaspoon of salt to every quart of water used. More water may be added if necessary during boiling. Season tomato with salt and pepper to taste, add to beans which have been drained of all liquid. Put into baking pan, put bacon on top and bake in a moderate oven until bacon is crisp and brown.
Time in oven, one-half hour. Temperature, 350°. Servings, 8.

CREOLE LIMA BEANS

2 tablespoons chopped sweet green pepper
3 tablespoons chopped onion
1½ tablespoons fat
1½ tablespoons flour
1 cup strained tomato
¾ teaspoon salt
2 cups cooked Lima beans

Cook pepper and onion in salt pork or bacon fat until soft and yellow. Add flour, stir until smooth. Then add tomato, and salt, stirring constantly until thickened and well cooked. Drain the beans and stir into the hot sauce. Servings, 4.

STRING BEANS AU GRATIN

2 cans string beans
1 teaspoon salt
Speck cayenne
½ cup grated cheese
3 tablespoons heavy cream
Seasoning

Drain beans. Place them on a clean cloth to absorb all moisture. When well dried, place one half in a greased baking dish, season with salt and cayenne, cover with cheese, pour over cream, repeat, having the top layer of cheese. Place in a moderate oven to heat until cheese melts and browns slightly.

Time in oven, one-half hour. Temperature, 350°. Servings, 8.

STRING BEANS, LYONNAISE

3 slices bacon
½ cup onion, sliced
3 cups canned string beans
Salt, pepper

Cut bacon in small pieces, cook until crisp, and remove from the fat. Cook onion in the fat until slightly browned. Add beans, heat, and season to taste with salt and pepper. Turn into a hot vegetable dish and garnish with bacon. Servings, 6.

SAVORY STRING BEANS

2 tablespoons butter
1 onion, minced
2 or 3 stalks celery, minced
1 tablespoon flour
1 cup milk (or stewed tomato)
2½ cups string beans (canned or freshly cooked)
Salt

Melt butter, add onion, and celery and cook until light brown. Add flour, stir until smooth, and add milk or tomato sauce gradually. Let boil up once, add beans, and season with salt. Servings, 5.

BEETS

SMALL BEETS, PIQUANT

Select small beets, fresh or canned. Heat to boiling point. Drain, place in a hot dish and pour over them a sauce made of:

1 tablespoon vinegar
1 tablespoon butter
1 tablespoon sugar
½ teaspoon salt

This sauce is sufficient for 6 servings.

BRAISED CABBAGE

1 small onion
1 tablespoon bacon fat
1 tablespoon flour
½ cup water
½ medium sized cabbage shredded
Salt and pepper

Slice onion and brown in bacon fat, stir in flour, add water and cabbage. Cover and cook until cabbage is done, about forty-five minutes, adding more water as needed. Season to taste with salt and pepper. Servings, 6.

CREAMED CABBAGE AND GREEN PEPPERS

2 tablespoons minced onion
1 minced green pepper
1½ tablespoons butter
2 tablespoons flour
1 cup milk
1 pint cooked shredded cabbage
Salt, pepper

Sauté onion and green pepper in butter. Add two tablespoons flour and one cup milk, and cook five minutes. Add cabbage and seasonings, and heat in double boiler fifteen minutes. Servings, 6.

CABBAGE IN DUTCH STYLE

1 cup boiled cabbage
2 tablespoons butter
½ teaspoon Worcestershire sauce
1 teaspoon salt, speck pepper and paprika
1 cup mashed potatoes
4 slices crisp bacon

Chop the cabbage and place in frying-pan with the butter, Worcestershire sauce, and seasonings. Stir until heated through. Add the potato and mix well. Press into a greased mold and steam for one-half hour. Turn out on a hot platter and surround with tomato sauce. Garnish with the bacon. Servings, 4.

CABBAGE IN HOLLANDAISE SAUCE

1 cabbage (medium size)
1 tablespoon butter
1 tablespoon flour
1½ cups water
½ teaspoon salt
Speck paprika
Few grains pepper
1 egg
1 teaspoon lemon juice

Boil the cabbage and drain it. Make the sauce by combining the butter and the flour, and cooking it in a saucepan. When it is bubbling, add the water. Cook until the mixture is smooth and thick. Add the seasonings and remove from the fire. Pour over the well beaten egg. Add the lemon juice and stir over hot water for a few minutes. Pour over the cabbage and serve at once. Servings, 6.

LADIES' CABBAGE

1 firm cabbage
2 quarts boiling water
2 teaspoons salt
¼ teaspoon soda
1 tablespoon flour
2 tablespoons butter
1 cup milk
Salt and pepper
Parsley

Remove the outer leaves and the core from the cabbage, and cook for twenty minutes in the boiling, salted water, to which soda has been added. Drain well and place in a saucepan with the flour and the butter. Stir constantly, and when the fat begins to cook, add the milk and the seasoning. Simmer for a few minutes. Serve sprinkled with finely chopped parsley. Servings, 8.

SCALLOPED CABBAGE WITH CHEESE

1 cup white sauce, medium
3 cups cooked white cabbage
½ cup cheese
¼ cup bread crumbs

Season white sauce highly with salt, pepper, and paprika; mix with cabbage and cheese. Sprinkle top with bread crumbs and a few gratings of cheese. Bake in a moderate oven. Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

SOUR CABBAGE

1 medium sized cabbage
1 onion
2 tablespoons melted butter
Boiling water
¼ cup sugar
1 tablespoon flour
⅓ cup vinegar
Salt, pepper, paprika to taste

Shred cabbage and onion. Add the butter and enough boiling water to cover. Cook one-half hour, add the remaining ingredients, and bring to the boiling point. Serve hot. Servings, 6.

STUFFED CABBAGE

1 firm cabbage
2 quarts boiling water
2 teaspoons salt
¼ teaspoon soda
1 tablespoon melted butter
Speck pepper, paprika
1 cup boiled rice
½ cup chopped nut meats

With a very sharp knife, hollow out the cabbage from the stalk side. Cook it rapidly for fifteen minutes in boiling water, to which has been added the salt and the soda. Drain and press gently to make dry. Mix the other ingredients and fill the cabbage. Tie it in a double thickness of cheese cloth, and boil for fifteen minutes without covering the saucepan. Remove the cheesecloth, and serve the cabbage on a platter surrounded by white sauce. For a garnish, cut a pimiento in strips and place on the cabbage. Servings, 8.

TEN-MINUTE CABBAGE

Remove the outer leaves from a small head of cabbage. Cut in slices about one-half inch thick across the leaves so that it will fall in shreds. Put into boiling water. Boil ten minutes. Serve with melted butter or White Sauce (see page 240).

CARROTS AU GRATIN

1½ tablespoons butter
1 tablespoon green pepper, finely chopped
1 tablespoon onion, finely chopped
2 tablespoons flour
¾ cup stock
¼ cup cream
Salt and pepper
2 cups cooked carrots

Melt butter, add green pepper and onion, and cook three minutes. Add flour and blend thoroughly. Add stock, and cream slowly and stir until thickened. Season with salt and pepper. Put carrots in a baking dish, pour sauce over them,

cover with buttered crumbs, and bake in a moderate oven until crumbs are brown.
Time in oven, 10 minutes. Temperature, 350°. Servings, 4.

CARROT CAKES

Cook carrots in boiling salted water until quite soft. Mash, season with butter, pepper, and salt, and form the mixture into small flat cakes. Sauté these in butter. Old carrots may be successfully utilized in this recipe. Time in cooking is dependent on age of carrots, about one hour. Each cake will take about three minutes to sauté.

CANDIED CARROTS

6 medium-sized carrots
¼ cup brown sugar
½ cup butter
½ cup marshmallow cream

Boil carrots until tender but not mushy. Melt sugar and butter; add marshmallow. When well mixed, pour over carrots in a baking dish and bake in a moderate oven until a delicate brown. This is a sweet entrée which may also be served as a side dish with meat.
Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

CARROT DELIGHT

3 cups diced carrots
3 cups diced potatoes
1 cup sliced onion
¼ cup butter
½ cup water
1 teaspoon salt

Put the vegetables in layers in a greased baking dish. Place the butter in small bits over the top; pour over the water in which salt has been dissolved. Bake in moderate oven, having dish tightly covered.
Time in oven, 2 hours. Temperature, 325°. Servings, 6.

SCALLOPED CARROTS

3 cups thinly sliced carrots
1 cup chopped onions
3 minced green peppers
1½ cups white sauce
½ cup fine dry bread crumbs
1 tablespoon butter (melted)

Steam or boil the carrots and onions until both are tender. Grease a baking dish, put in a layer of each vegetable. Continue in this way until the vegetables are all used, then pour in the white sauce. Cover with the crumbs, which have been mixed with the melted butter, and bake until brown in a moderate oven.

Time in oven, 10 minutes. Temperature, 350°. Servings, 6.

CAULIFLOWER AND PEAS

1 head cauliflower
2 cups peas
2 tablespoons butter (melted)

Remove the outer green leaves from the cauliflower, and let stand upside down in salt water for about twenty minutes. Cook whole, uncovered, in boiling salted water until tender but firm. Separate into flowerlets and arrange on a vegetable dish. Fill the centre of the dish with a mound of peas, and serve with melted butter. Servings, 6.

CREAMED CELERY

1 quart diced celery
4 tablespoons flour
2 tablespoons butter
3 cups milk
1 teaspoon salt
Pepper

Boil celery in salted water until tender. Drain, saving water for soup stock. Stir flour into melted butter until a smooth paste is formed and add milk. Cook until thick, season, and add celery. Servings, 6.

STUFFED CELERY

Separate a stalk of celery for serving, and, with a paring knife, press into the hollow fresh cream pimiento cheese. Smooth off with the knife.

STEAMED CHARD MOLD

4 tablespoons butter
4 cups cooked chard tops, chopped
½ cup grated American or Parmesan cheese
Salt and pepper
2 eggs
1 cup rich milk

Add the butter to the chard and let it cook a few moments. Then stir in the cheese, add salt and pepper, and then add the egg yolks well beaten and mixed with the milk. Mix well, and fold in the egg whites which have been beaten stiff. Grease a quart mold, dust it with bread crumbs, and pour the chard into the mold. Steam fifty minutes and let stand five minutes before turning out of mold. Servings, 8.

CORN, CALIFORNIA STYLE

2 slices bacon
2 tablespoons flour
2 tablespoons bacon fat
1 cup milk
½ teaspoon salt
1½ tablespoons chopped green pepper
2 cups corn (canned or fresh)
1 cup soft bread crumbs

Cut bacon in half inch dice, cook until beginning to color. Add flour to fat, stir in milk and cook until thickened, add salt, and green pepper. Mix corn and crumbs with the sauce; put into baking dish, sprinkle bacon over top, and bake in moderate oven until bacon is crisp and golden brown.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

CORN PUDDING BAKED IN RAMEKINS

2 tablespoons butter
½ tablespoon flour
⅓ cup rich milk or cream
1 cup corn (canned or fresh)
⅓ cup buttered bread crumbs

Melt butter, add flour, blend, and add milk. Cook three minutes. Add corn, mix, and put in ramekins. Sprinkle tops with buttered bread crumbs and brown in a hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 4.

CORN SOUFFLÉ

1 tablespoon butter
2 tablespoons flour
1 cup milk
1 can corn
1½ teaspoons salt
⅛ teaspoon pepper
2 eggs

Melt butter, mix with flour, and pour milk on gradually. Bring to boiling point, stirring constantly. Add corn, seasonings, yolks of eggs well beaten, and stiffly beaten whites. Turn into buttered baking dish and bake in a moderate oven. Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

FRIED SWEET CORN

4 ears corn
2 tablespoons butter
1 cup rich milk

Cut corn from the cob. Sauté in butter seven minutes, add rich milk, and serve as soon as hot. Season with salt and pepper. Servings, 4.

SCALLOPED CUCUMBERS

3 cucumbers
1½ cups milk
3 tablespoons flour
2 tablespoons butter
Salt, pepper
3 tablespoons crumbs, buttered

Pare the cucumbers. Cut in quarters lengthwise, then in halves. Cook in a small amount of water. Put in a baking dish, cover with the cooked sauce made with the milk, flour, butter, and seasonings to taste. Cover with crumbs and bake in a moderately hot oven until crumbs are brown.
Time in oven, 10 minutes. Temperature, 375°. Servings, 6.

EGGPLANT, BUENA VISTA

1 egg plant
2 cups tomato juice
1 onion
4 sprigs parsley
½ green pepper
2 tablespoons butter
6 tomatoes
Salt, pepper

Pare the eggplant, cut in one-half inch slices. Sprinkle with salt and pile on a plate. Cover with a weight and let stand an hour to express the juice. Place the slices in a buttered baking-pan, and surround with a sauce made by mixing the two cups tomato juice with the chopped onion, parsley, and green pepper. Put a bit of butter on each slice and bake in a moderately hot oven until tender. Remove the hard portion of the stem end of the tomatoes, season with salt and pepper and bake until tender. Slide the slices of eggplant on to a platter and place a baked tomato on each slice. Sprinkle with chopped parsley.

Time in oven, 30 minutes. Temperature, 375°. Servings, 6.

GLAZED ONIONS

2 pounds small onions
2 tablespoons butter
¼ cup sugar

Peel the onions and boil whole in salted water for fifteen to thirty minutes, depending on the size of onions. They should be nearly tender. Mix the butter and sugar together and spread it over the bottom of a flat pan. Put the drained onions into this pan and put into a moderate oven. As soon as the sugar is melted, stir the onions occasionally so that they are coated with the sugar and butter. Continue cooking, raising the temperature of the oven until the sugar turns brown on the outside of the onion.

Time in oven, 1 hour. Temperature, 350–400°. Servings, 8.

ONION ORIENTAL

2 large Spanish onions
2 tablespoons bacon fat
2 tablespoons flour
1 cup milk
2 hard-cooked eggs
Salt, pepper, cayenne
2 cups boiled rice

Slice onion and sauté until yellow in bacon fat. Add flour and blend until smooth. Add milk and stir until it thickens. Slice eggs and cook with onion mixture for five minutes. Season well, and pour over a mound of boiled rice on a platter or shallow dish. Servings, 4.

ONIONS SCALLOPED

2 large onions
1 small green pepper
2 cups bread crumbs
1 small pimiento
½ cup milk
1 teaspoon salt

Peel and slice onions. Remove seeds from green pepper, chop, parboil five minutes and drain. Put one cup stale crumbs in buttered casserole, add a few pieces of pimiento, then onions, green pepper, and rest of pimiento. Put one cup crumbs on top, sprinkle with salt and pepper, and pour over the milk. Cover and bake in a moderate oven. Remove cover last fifteen minutes to brown crumbs.
Time in oven, 1½ hours. Temperature, 350°. Servings, 4.

STUFFED ONIONS NO. 1

8 Spanish onions
1 cup dry bread crumbs
1 tablespoon chopped parsley
½ teaspoon salt
1 cup white sauce
1 cup finely chopped meat
⅓ cup butter
Speck pepper
1 egg or 2 egg yolks (beaten)

Peel onions. Boil whole. When cooled cut out centre of onion from root end, leaving shell of onion. Chop the onion removed from the centre. Mix all the ingredients together, and stuff the onion shell. Bake in a moderate oven until brown. Nuts may be used in place of the chopped meat.
Time in oven, 25 minutes. Temperature, 350°. Servings, 8.

STUFFED ONIONS NO. 2

6 onions
Sausage meat
½ cup minced celery
2 tablespoons minced onion
2 cups white sauce
1 teaspoon salt
4 teaspoons flour

Choose onions of uniform size. Remove skins and parboil ten minutes. Remove centre, and fill with a mixture of sausage meat, minced celery, and onion. Pour white sauce over the stuffed onions, sprinkle with salt and flour. Bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

ONIONS ON TOAST

Young onions
Salt
Toast
Butter (melted)

Cut off roots and all but four inches of the stems of onions. Wash, and parboil five minutes. Drain, add boiling water, and boil gently forty-five minutes, or until tender. Add salt when about half done. Drain, arrange on slices of toast, which have been moistened with onion water, and pour over melted butter, or cream sauce.

PARSNIP AU GRATIN

2 cups diced cooked parsnip
1½ cups white sauce
Salt, pepper
2 tablespoons grated cheese
Crumbs

Pour one-third cup diced parsnip in each ramekin. Pour white sauce over parsnip. Sprinkle seasonings and grated cheese over each ramekin. Cover with bread crumbs. Brown in hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

PARSNIP FRITTERS

2 cups mashed parsnip
Pepper
½ teaspoon salt
1 egg
½ cup flour

Boil parsnips and when tender, mash fine. Add seasonings and well beaten egg. Add flour, and drop by spoonfuls in hot fat or on a hot griddle, and fry until delicately browned. Serve with melted butter. Servings, 5.

PARSNIPS SAUTÉD

2 large parsnips, cut in thick slices
Flour
Salt

Parboil the parsnips in salted water ten minutes. Drain thoroughly, dip in salted flour and sauté until well browned in oil or fat. Serve as vegetable with meat. Servings, 6.

PARSNIP SOUFFLÉ

2 eggs
½ cup milk
Salt, pepper, cayenne
2 cups mashed parsnip

Add egg yolks slightly beaten, milk and seasonings to mashed parsnip. Fold in stiffly beaten egg whites, pour in buttered soufflé cups, and bake until firm in a moderate oven.
Time in oven, 40 minutes. Temperature, 300°. Servings, 5.

PARSNIP STEW

¾ pound fresh lean pork or left-over roast pork
3 pints hot water
1 ounce salt pork
½ cup sliced onion
2 medium-sized parsnips
1 cup cut potato
2 tablespoons flour
4 tablespoons cold water
Salt and pepper

Use raw or left over roast pork. Add water and cook slowly an hour or more. The meat should be quite tender. Strain liquor into another kettle, or remove meat with skimmer. Cut salt pork in half-inch dice, cook slowly until some of the fat is tried out, add onion, and cook until slightly browned. Wash, peel, and cut parsnips in slices. If parsnips are very large, cut them in quarters lengthwise before slicing. Add salt pork, onion, and parsnips to stock, and cook thirty minutes. Add diced or sliced potato, and cook until vegetables are soft. Mix flour with cold water until smooth, add to stew and boil three minutes. Add meat which has been cut in small pieces, and salt and pepper to taste. Servings, 8.

PEA CROQUETTES

2 cups peas
1 tablespoon minced onion
1 egg
4 tablespoons bread crumbs
Salt
Pepper

Mash peas through a sieve, add other ingredients, and season to taste. Form into balls and fry brown in deep fat. Serve as a substitute for meat.
Time in cooking, 3 minutes for each ball. Temperature of fat, 380°. Servings, 6.

PEA SOUFFLÉ

3 tablespoons butter
3 tablespoons flour
1 cup milk
2 cups peas
2 eggs
1 teaspoon finely minced onion
½ teaspoon salt
Speck pepper

Melt butter, add flour, and blend thoroughly. Add milk gradually and stir constantly until thickened. Add peas which have been forced through a sieve, egg yolks slightly beaten, and seasonings. Fold in stiffly beaten egg whites. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

STUFFED PEPPERS

6 sweet peppers
2 cups cooked meat
1 onion
1 tablespoon butter
1 tablespoon parsley
1 teaspoon salt
¼ cup bread crumbs
1 cup water or stock

Cut the peppers in halves crosswise, remove the seeds and cut off the stems. Chop the meat (this may be veal, chicken or lamb) and the onion fine. Mix all the ingredients together except the stock or water, fill the peppers, stand them in a pan, and put the hot stock or water around them. Bake in a moderate oven, basting often. Corn may be substituted for the meat.
Time in oven, 45 minutes. Temperature, 350°. Servings, 6.

BROILED POTATOES

Cut cold boiled potatoes into quarter inch slices. Dip each into fat tried out of suet, or into melted bacon fat, or into melted butter. Lay the slices on a buttered pan and sprinkle them generously with bread crumbs. Broil until the potatoes are heated through and the crumbs toasted. Serve at once on a hot chop plate garnished with sprigs of celery or cress.

CHANTILLY POTATOES

6 medium potatoes
½ cup milk
1 tablespoon butter
½ cup heavy cream
½ cup grated cheese
Salt, paprika, minced parsley

Mash potatoes with milk and butter, and season. Pile in a baking dish. Beat cream stiff, add cheese, salt, and paprika. Spread over potatoes and place in a moderate oven until delicately brown.
Time in oven, 25 minutes. Temperature, 350°. Servings, 6.

CHEESED POTATOES

1 quart sliced potatoes
¼ cup cheese
2 tablespoons flour
1 cup milk
Salt and pepper

Parboil the potatoes two minutes. Arrange potato and cheese in layers with a dusting of flour on each layer. When dish is full cover with milk to which seasonings have been added. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 325°. Servings, 6.

POTATOES IN CREAM

4 medium potatoes, cold boiled
½ teaspoon salt
Speck pepper
½ teaspoon grated nutmeg
⅔ cup cream

Chop the potatoes, add the seasonings. Put into ramekins. Pour equal amounts of cream on to the mixture in each dish. Bake in moderately hot oven until delicately browned on top.
Time in oven, 15 minutes. Temperature, 375°. Servings, 6.

POTATO CROQUETTES

2 cups hot riced potatoes
2 tablespoons butter
½ teaspoon salt
Pepper
¼ teaspoon celery salt
Few drops onion juice
1 egg yolk
1 teaspoon finely chopped parsley

Mix ingredients in order given and beat thoroughly. Shape, dip in crumbs, egg, and in crumbs again. Fry in deep fat and drain.

Time in cooking, 3 minutes to each croquette. Temperature of fat, 380°. Servings, 5.

FRENCH FRIED POTATOES

Select potatoes of uniform size, preferably small ones; wash, pare, and cut in eighths lengthwise. Let the potatoes stand in ice water one hour. Dry potatoes thoroughly in a clean towel. Have kettle of fat heating and a dripping pan with either a wire rack or soft brown paper ready for draining. The salt shaker and a hot serving dish should be at hand. The fat should be hot enough to register 360–370 degrees on a thermometer or to brown a cube of bread in forty seconds. Put only a few potatoes in the basket at one time. The cold potatoes will lower the temperature of the fat to about 340 degrees, which will cook them through without browning too much, in about four minutes for each basket-load. Drain potatoes on wire rack and while still very hot sprinkle with salt. Reheat and test fat each time before adding a new lot of potatoes.

HONGROISE POTATOES

2 cups cubed potatoes
2 tablespoons butter
1 cup milk
1 slice onion
2 tablespoons flour
2 tablespoons water
1 egg yolk
1 tablespoon chopped parsley

Boil potatoes in salted water for three minutes and drain. Cook in melted butter until tender and brown. Bring milk, to which the onion has been added, to the boiling point. Add paste made of flour and water and cook until thickened, stirring constantly. Gradually add well beaten egg yolk. Remove onion, and pour sauce over potatoes. Sprinkle parsley over the top. Servings, 6.

HOUSEKEEPER'S POTATOES

1 quart diced cold potatoes
1 teaspoon salt
Speck pepper
2 cups soup stock
1 teaspoon lemon juice
1 tablespoon chopped parsley
1 tablespoon butter

Combine potatoes, salt, pepper, and stock. Simmer for ten minutes. Add remaining ingredients and simmer five minutes longer. Servings, 8.

POTATOES À L'ITALIENNE

2 cups mashed potato
½ cup cream
2 tablespoons butter
½ teaspoon salt
1 tablespoon onion juice
1 tablespoon chopped parsley
½ cup finely chopped cooked ham
1 egg yolk (beaten)
3 egg whites, beaten stiff
1 tablespoon grated cheese

Combine all ingredients but cheese. Beat until fluffy. Heap lightly on buttered baking dish leaving top rough. Sprinkle with cheese. Brown delicately in moderately hot oven.
Time in oven, 15 minutes. Temperature, 375°. Servings, 8.

LATTICED POTATOES

Latticed potatoes are made by the same method as French Fried (see page 342). They are sliced for frying with a specially designed cutter that makes the lattice form.

LUNCHEON POTATOES

6 hot baked potatoes
Milk
1 cup grated cheese
1 teaspoon salt

Cut potatoes in halves. Remove inside portion, and add sufficient milk to make mixture consistency of mashed potatoes. Add cheese and salt. When thoroughly mixed, fill potato shells. Brown in a hot oven.
Time in oven, 10 minutes. Temperature, 400°. Servings, 6.

MOLDED POTATOES

Plain hot mashed potatoes may be molded and served with creamed meat or fish. To mold, place a small pan on a hot serving plate and bank the potato mixture around it. Smooth around the sides and top, then lift out the pan. The centre may then be filled with the creamed meat or meat in gravy. Creamed salmon in such a potato mold forms an excellent luncheon dish.

POTATOES O'BRIEN

4 large potatoes
5 small onions
Salt pork
½ cup diced pimientoes
½ teaspoon salt
¼ teaspoon pepper

Pare potatoes and cut in thin wafers. Peel a sufficient number of onions to equal half the quantity of potatoes. Slice very thin. Try out cubes of pork. Add onions, potatoes, and enough water to cover bottom of pan. Cover tightly and simmer slowly. Stir occasionally. When vegetables are tender, add pimientoes, salt and pepper and brown. Turn out like an omelet. Servings, 6.

POTATOES, PIQUANT

12 medium potatoes
2 tablespoons butter
2 teaspoons minced parsley
½ teaspoon salt
Pepper
3 tablespoons lemon juice

Boil potatoes in salted water, drain, and slice into hot serving dish. Melt butter, add seasonings, and lemon juice. Pour over potatoes. Serve at once. Servings, 8.

POTATO PUFF

4 cups hot mashed potato
1 teaspoon salt
¼ teaspoon paprika
4 tablespoons milk
2 tablespoons butter
2 eggs

Cook, drain, dry, and mash potatoes, then add seasonings, milk, and butter. Add well beaten yolks of eggs and beat well. Then add whites of eggs which have been beaten stiff. Turn

into a buttered dish and bake in a hot oven until brown. If cold potatoes are used, heat in double boiler before using. Have hot when put into oven.
Time in oven, 15 minutes. Temperature, 400°. Servings, 6.

PUFFED POTATOES

Pare and slice potatoes and prepare as for French Fried (see page 342). Cook in fat until tender, but not brown. Drain and cool, now immerse in hot fat and brown. They should puff all over. Sprinkle with salt and pepper. The secret lies in having the potatoes dry and cooking them twice.
Time in cooking, 2 minutes and 3 minutes. Temperature of fat, 350° and 380°.

POTATO PUFFS

1 cup cold mashed potatoes
2 eggs, well-beaten
½ cup flour
½ teaspoon salt
1 teaspoon baking powder

Beat all ingredients together to a light mass, then drop pieces about the size of an egg into deep hot fat and fry until golden brown.
Time in cooking, 3 minutes each. Temperature of fat, 380°.

POTATO PYRAMIDS WITH ONION PURÉE

2 cups mashed potatoes
Melted butter
4 tablespoons grated cheese
½ cup chopped onion
2 tablespoons butter
1 cup water
1 teaspoon cornstarch
1 teaspoon Worcestershire sauce
Salt and pepper

Shape well seasoned mashed potato into pyramids, brush with butter, and sprinkle with grated cheese. Place in shallow baking-dish and pour onion purée around them. To make onion purée, cook onion in the butter, add water, and simmer until soft enough to put through the strainer. Add cornstarch mixed with a little water, and seasonings. Bake until brown in moderate oven.
Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

SAVORY POTATOES

3 medium sized potatoes
1 onion
1½ slices bacon
Salt and pepper

Pare and slice potatoes, cover with cold water, and let stand thirty minutes. Drain, and dry with cloth. Cut onion and bacon fine and cook slowly. Add potatoes, and seasonings. Cover skillet and cook until potatoes are mealy, about twenty minutes. Servings, 4.

SCALLOPED POTATOES

Cover the bottom of a baking dish with a layer of raw potatoes peeled, and thinly sliced. Sprinkle lightly with salt and pepper and then dot with butter. Continue alternating the potatoes with the seasoning, and on top of the last layer of the vegetable place thin slices of bacon. Pour milk into the dish until the potatoes are almost covered. Bake in a moderate oven until the potatoes are done, and the bacon delicately crisp and browned.
Time in oven, 1 hour. Temperature, 350°.

PINK POTATO SCALLOP

½ cup diced onion
1½ cups cold diced potatoes
1½ cups tomato soup or pulp

Parboil onions fifteen minutes, put with potatoes in layers in a baking dish. Poor soup over potatoes and onions. If tomato pulp is used season with salt, pepper, and celery salt as for soup. Bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 4.

SMOTHERED POTATOES

6 medium sized potatoes
3 tablespoons flour
2 tablespoons butter
1 onion
½ teaspoon salt
Pepper
1½ cups milk

Slice the potatoes one-quarter inch thick. Place a layer of the slices on the bottom of a baking dish, sprinkle with

flour, dot with butter, scrape in a little onion. Add salt and a little pepper. Fill the baking dish with layers of this kind, ending with unseasoned potatoes. Add milk and bake in a moderate oven.

Time in oven, 1 hour. Temperature, 350°. Servings, 6.

POTATO TIMBALES

2 cups mashed potato
½ cup milk
2 tablespoons butter
2 eggs
Salt, pepper, chopped parsley

To mashed potato add milk, butter, and eggs slightly beaten. Season with salt, pepper, and a little chopped parsley. Put into buttered cups and bake until firm in a moderate oven. Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

ZEPHYR POTATO SQUARES

1 cup mashed potatoes
½ cup grated American cheese
1 cup milk
½ teaspoon salt
½ cup flour
½ teaspoon baking powder

Stir the potato, cheese, milk, and salt together. Add the flour and baking powder mixed. Flour the board well, and, keeping the mixture as square in shape as possible, roll to one-quarter inch in thickness, sprinkling the top with flour as needed. Cut with a knife in one and one-half inch squares, lift each square with a knife or spatula, and sauté in a hot frying-pan with enough fat to keep the squares from sticking. When well browned on both sides, sprinkle lightly with salt and serve immediately. Servings, 4.

SWEET POTATO BOATS

Bake sweet potatoes until done, cut in halves lengthwise, and remove the inner portion with a spoon. Mix with salt, pepper, butter, a little cream, and some finely minced cold meat,

if liked. Refill shells, heap up a little, and bake in a moderately hot oven until browned.
Time in oven, 10 minutes. Temperature, 380°.

SWEET POTATOES CASSEROLE

Peel baked sweet potatoes and slice in rounds. Place a layer in a well buttered casserole. Dot with butter. Sprinkle with sugar and a little flour. Repeat until dish is nearly full. Omit flour on last layer. Add enough sweet milk to cover potatoes. Bake in a moderate oven until a delicate brown.
Time in oven, 30 minutes. Temperature, 350°.

SWEET POTATOES, CREAMED

2 cups diced cold potatoes
1 cup thin cream
½ cup diced celery
⅛ teaspoon paprika
1 tablespoon minced parsley

Cover potatoes with cream and simmer fifteen minutes. Add celery, paprika, and parsley. Serve at once. Servings, 4.

SWEET POTATO CROQUETTES

1 pint mashed sweet potato
2 tablespoons butter
1 teaspoon salt
1 egg

Boil the sweet potatoes in their skins. Pare and mash. Add butter, salt, and slightly beaten egg. Shape into balls, roll in finely sifted bread crumbs, in egg, slightly beaten, then in crumbs again. Fry in deep fat. These are improved by adding three tablespoons blanched almonds finely ground.
Time in cooking, 3 minutes each. Temperature of fat, 380°.
6 croquettes.

DIXIE POTATOES

Peel and slice boiled sweet potatoes, and arrange in baking dish. Cover with brown sugar and bits of butter, and add a sprinkling of cinnamon or nutmeg. Pour in a cup of sweet milk and set in a moderate oven until potatoes are brown.
Time in oven, 15 minutes. Temperature, 350°.

SWEET POTATOES AND ONIONS

Steam or parboil sweet potatoes, peel, and slice a layer into a baking pan. Sprinkle with salt, cover with a layer of thinly sliced onions, and season with pepper and salt. Continue alternately with potatoes and onions. Then cover the top with crumbs and dot with butter. Pour over all a cup or more of cream or evaporated milk. Cover and bake in a moderate oven until the onions are tender.
Time in oven, 40 minutes. Temperature, 325°.

SWEET POTATOES, STUFFED

6 medium sized sweet potatoes
1 cup cooked sausage meat
1 egg

Wash and bake sweet potatoes. When soft cut in two, take out the potato, mix with the cooked sausage meat, any fat extracted during cooking, and the well beaten egg. Refill potato shells, sprinkle with crumbs, put in a moderate oven to reheat and brown.
Time in oven, 10 minutes. Temperature, 380°. Servings, 6.

SQUIRREL POTATOES

1 quart mashed sweet potato
2 tablespoons sugar
2 tablespoons butter
1 cup chopped pecans or walnuts
1 teaspoon salt
⅛ teaspoon cinnamon
⅛ teaspoon allspice

Mix all ingredients thoroughly, shape into croquettes, dip in egg, then in crumbs, and fry in deep fat. Or pack into a shallow pan, cut in small squares, and sauté on a hot, lightly greased griddle. Servings, 6.

SPINACH BALLS

3 cups chopped cooked spinach
2 tablespoons butter
2 tablespoons grated onion
2 tablespoons grated cheese
1 egg
⅛ teaspoon allspice
1 cup fine dry bread crumbs

Combine all ingredients and let stand ten minutes to swell the bread crumbs. Shape in balls and roll in bread crumbs. Then dip the balls in egg which has been slightly beaten with one-half cup cold water, and roll again in crumbs. Fry in deep fat. Serve at once or reheat in oven when desired.
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPINACH BOHEMIAN

6 slices bacon
¾ cup spinach
½ teaspoon salt
⅛ teaspoon pepper
¾ cup milk
2 eggs
½ cup fine bread crumbs

Curl a slice of bacon inside each of six ramekins. Chop the spinach and mix with salt, pepper, and milk. Beat eggs and crumbs together. Combine mixtures, fill each ramekin, and bake until firm in a moderate oven. Serve turned out on a hot platter. If bacon does not brown quickly enough, turn molds out on baking tin upside down for the last five or ten minutes.
Time in oven, 35 minutes. Temperature, 350°. Servings, 6.

SPINACH CROQUETTES

1 cup chopped spinach
1 cup chopped boiled ham
1 tablespoon prepared mustard
½ cup boiled rice
Rice water

Mix the spinach, ham, mustard, and rice and moisten with enough rice water to shape into croquettes. Dip croquettes in egg, roll in crumbs, and fry in deep fat until brown. Serve with Tomato Sauce (see page 239).
Time in cooking, 3 minutes each. Temperature of fat, 380°. Servings, 6.

SPINACH, FRENCH STYLE

2 cups cooked spinach
2 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon mustard
1 tablespoon brown sugar
1½ cups milk
1 cup chopped boiled ham
1 hard-cooked egg
½ cup buttered crumbs

Arrange the spinach in the bottom of a greased baking dish. Melt the butter and add flour, seasonings, and the milk. Stir until the boiling point is reached and add the ham and egg finely chopped; pour over the spinach, sprinkle with crumbs, and bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

SPINACH, INDIA STYLE

1 tablespoon fat
2 tablespoons flour
¼ teaspoon salt
½ teaspoon curry powder
⅛ teaspoon pepper
1 cup milk
2 cups cooked spinach
3 hard-cooked eggs

Melt the fat and add flour, seasonings, and milk. Bring to the boiling point, stirring constantly. Arrange the hot spinach in a serving dish and slice the eggs over the top. Pour on the hot sauce and serve at once. Servings, 4.

ITALIAN SPINACH

¾ cup macaroni, broken into inch lengths
2 cups cooked spinach
½ cup white sauce
2 tablespoons grated cheese
Cayenne, salt
2 hard-cooked eggs, sliced

Boil macaroni in salted water until tender. Drain spinach very dry, chop, mix with white sauce, and season well. Butter baking dish, put alternate layers of macaroni, spinach, cheese, seasoning, and egg until all is used, having cheese on top. Bake in moderate oven until brown and well heated through. Time in oven, 20 minutes. Temperature, 350°. Servings, 6.

SPINACH WITH NOODLES

1½ cups chopped cooked spinach
1½ cups cooked noodles
1 teaspoon salt
¼ teaspoon pepper
1 cup grated cheese
1 cup milk

Put alternate layers of spinach and noodles in a greased baking dish, sprinkle seasonings and cheese over each layer and

top with a layer of noodles. Pour the milk over all and bake in a moderate oven.
Time in oven, 45 minutes. Temperature, 350°. Servings, 4.

SPINACH STUFFED PIMIENTOES

5 canned red pimientoes
1½ cups chopped cooked spinach
½ teaspoon salt
⅛ teaspoon nutmeg
⅛ teaspoon pepper
2 tablespoons lemon juice
1 egg
½ cup crumbs
2 tablespoons butter

Arrange the pimientoes in well-greased ramekins or muffin pans. Mix the spinach, seasonings, lemon juice, and well beaten egg and fill pimientoes with the mixture. Cover with crumbs, dot with butter, and bake in a moderate oven. Turn on to a hot platter before serving.
Time in oven, 20 minutes. Temperature, 350°. Servings, 5.

SPINACH TIMBALES

2½ cups canned spinach
2 tablespoons butter
¼ teaspoon salt
Few grains pepper
2 teaspoons lemon juice
2 eggs

Drain spinach and chop fine. Heat, add butter, salt, pepper, and lemon juice. Add eggs slightly beaten and mix well. Put in buttered custard cups, set in a pan of water, and bake in a moderate oven until firm. Serve with White Sauce (see page 240). Garnish with hard-cooked eggs.
Time in oven, 25 minutes. Temperature, 325°. Servings, 6.

ITALIAN SQUASH, ITALIAN STYLE

1 onion
1 clove of garlic
1 green pepper
3 tomatoes, or
½ cup Italian tomato paste
Salt, pepper
1 quart squash (diced)
3 eggs

Mince onion, garlic, and green pepper, and sauté in hot fat. Add tomatoes, or paste, salt and pepper, and diced squash.

If necessary add some water to prevent burning. Cover and cook until squash is tender. Just before serving scramble in the eggs. Servings, 8.

SQUASH SOUFFLÉ

2 cups mashed squash
1 cup cream or thin white sauce
1½ teaspoons salt
1 teaspoon grated onion
2 eggs

To the squash add cream or sauce, salt, and onion. Blend thoroughly. Add egg yolks slightly beaten and fold in stiffly beaten whites. Bake in a moderate oven.
Time in oven, 40 minutes. Temperature, 325°. Servings, 6.

FRIED TOMATOES, SUPREME

1 quart canned tomatoes
Flour
Bacon fat
Sugar
Salt, pepper
3 tablespoons flour
1 cup tomato juice
1 cup milk

Drain off juice, leaving firm pieces of tomato as dry as possible. Coat each piece with flour. Heat bacon fat and sauté tomatoes in it, sprinkling with sugar, salt and pepper while cooking. When well browned on both sides remove from pan. To the fat left (there should be about three tablespoons), add three tablespoons flour and stir until smooth. Add gradually the tomato juice and milk, mixed together, and stir constantly until thickened. Arrange tomatoes on toast and pour sauce over them. Servings, 6.

TOMATO FRITTERS

1 cup stewed tomato (thick pulp) or
1 cup chopped fresh tomato
¼ teaspoon salt
1 teaspoon sugar
¼ teaspoon celery salt
1 egg
½ teaspoon soda
1 cup flour

To the tomato add seasonings, beaten egg, soda, and flour. Drop by spoonfuls on a hot greased griddle. Brown on both sides and serve immediately with butter. Servings, 16.

STUFFED TOMATOES, BAKED

6 medium sized tomatoes
½ cup soft bread crumbs
½ cup finely chopped cold cooked chicken or veal
Salt
Pepper
¼ cup buttered crumbs

Wipe tomatoes and remove thin slice from the stem end. Remove pulp. Mix with soft bread crumbs, meat, and seasoning. Refill tomato shells, sprinkle the top with buttered crumbs. Place in baking pan and bake in a moderate oven until tomato is cooked. Nuts may be used instead of the finely chopped meat.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

STUFFED TOMATOES, BAKED

6 tomatoes
1 cup diced pineapple
1 cup diced cucumber
1 cup bread crumbs
1 teaspoon salt and speck of pepper
¼ cup grated cheese

Remove pulp from ripe tomatoes. Mix pineapple, cucumber, and part of crumbs. Season with salt and pepper and stuff tomatoes. Add finely cut tomato pulp to fill, sprinkle with remainder of crumbs, and cheese. Grease ramekins or custard bowls, place a tomato in each and bake in a moderate oven until tomatoes are soft.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

STUFFED TOMATOES, SOUTHERN STYLE

6 good sized tomatoes
1 cup corn
2 tablespoons green pepper
½ teaspoon salt
1 tablespoon onion
⅛ teaspoon pepper
1 cup bread crumbs
6 slices of bacon

Cut a slice from the stem end of each tomato, scoop out the seeds and a portion of the pulp. Mix tomato pulp with the rest of ingredients. Fill tomatoes, heaping slightly, and lay a slice of bacon on each. Stand in a baking pan, with one-half cup of water and bake in a moderate oven.
Time in oven, 30 minutes. Temperature, 350°. Servings, 6.

MENU MAKING

Correct diet is one of the most important factors in maintaining health, consequently menu making is one of the greatest responsibilities of the housewife. But with the variety of foods available in all parts of the country the problem is after all a simple one as far as providing for persons of normal health is concerned. A vast amount of scientific knowledge is not essential. It is necessary to know only in a general way into what group each food falls, and what particular function that group has in the body.

There are three classes of food material to be considered in making up a day's menus. They are the tissue builders, fuels and body regulators.

Protein is the substance that builds up and repairs the body tissue. It will also under certain conditions furnish energy but it is only of secondary importance as a fuel. The foods most valuable in furnishing protein are *meats, milk, cheese, fish, eggs, peas, beans, nuts* and *nut butters,* and *whole cereals.*

The energy that is necessary to carry on the day's work is supplied by *fats* and *carbohydrates.* The fats include the *fat* of *meat, butter, cream,* and *oils* (*olive, cottonseed, cocoanut,* etc.). The carbohydrates are the sugars (*cane* and *beet sugar, molasses, honey, maple sugar* and *syrups* of all kinds) and the starches which are represented largely by *cereals* and *cereal products* and *potatoes.* All *vegetables* and *fruits* contain some carbohydrates.

The body regulators are substances which neither build body tissue nor furnish energy but are nevertheless absolutely essential for well-being. They include *water, cellulose, fruit acids, minerals,* and *vitamines.*

Water forms a large proportion of the body itself, and it is important to keep up the amount by daily intake.

For proper elimination it is necessary to have in the dietary bulky material which cannot be assimilated by the body

but passes through the digestive tract. *Cellulose,* the framework of *fruit, vegetables,* and *grains,* does this and should be supplied every day.

The acids of fruits are valuable because they stimulate the digestive processes and the appetite as well.

Various minerals have a part to play in the maintenance of health. The most important of these are iron and calcium. A large part of our food iron is provided in *beef, egg yolks, oatmeal, raisins, prunes, dates, oranges, spinach, dried peas* and *beans* and *whole wheat.* For calcium we depend upon *milk, eggs, whole cereals, dried peas* and *beans, molasses,* and *vegetables,* especially *leafy vegetables.*

Comparatively little is known about the vitamines. They are often called the protective foods because they are necessary to the growth of children and to the health of children and adults alike. *Milk* and *milk products, vegetables,* especially the *leafy vegetables, oranges, whole grain* and *eggs* are the important sources.

The thing to keep in mind in menu making is an adequate representation of each food group during the day. The greatest demand of the body is for fuel. Protein is needed in relatively small quantities. Special attention should be given to make sure of the protective foods. A pint of milk for every member of the family, preferably more for children, and liberal use of leafy vegetables will take care of the problem.

Provide something in each meal which is hard to chew. Our teeth are growing lazy for lack of exercise, and anything which does that always degenerates.

It is impossible to make any hard and fast rules as to the amount of food necessary to keep the family in the best possible physical condition, for individuals vary widely in their ability to assimilate food. Weight is in general an index to nutrition. If the members of the family are maintaining normal weight they are having an adequate dietary.

Besides providing food in the necessary variety and in sufficient quantity the menu should make a definite appeal to the appetite. Enjoyment of food is one of the surest aids

to good digestion. Put together in each menu textures and flavors that combine pleasantly. Avoid the repetition of any one flavor or texture. For instance, do not have a thick cream soup of bland flavor for the first course and creamed macaroni for the second, or do not serve tomato soup and tomato salad in the same meal.

It is important too to remember that the menu itself has no power to satisfy unless the food is carefully and attractively served.

THE EFFECT OF COOKING ON FOODS

For various reasons we go to the trouble of cooking much of our food. The flavor of many foods is developed by cooking so that their appeal to the appetite is greater, and often cooking has a desirable effect on the texture of a food. Many foods are made more easily digested by proper cooking. Cooking is essential for certain foods in order to soften the cellulose so that the nutritive material is more readily available. Cooking makes it possible to serve a food in a variety of ways and in numerous combinations with other foods.

There are a few principles which should be followed in order to get the best results in cooking foods.

Protein, if subjected to intense heat for any length of time shrinks into a tough mass which is difficult of digestion. For this reason protein foods should be cooked at a low temperature.

When fats are raised to a very high temperature they split up into other products and are no longer fit for food. This is a particularly important point to bear in mind in using fat for frying. The unmistakable acrid odor will tell when the splitting point has been reached.

For starchy food either a high temperature or a prolonged cooking period is necessary to break open the covering which surrounds the starch grain and thus make it easily digestible.

THREE MEALS A DAY

Recipes for the dishes appearing on the following menus — except a few well-known ones — will be found in this book under their proper classification.

BREAKFAST MENUS

Purple Grapes
Corn Flakes
Top Milk
Creamed Dried Beef in Popover Cases

Fresh Fruit
Codfish Cakes
Muffins
Coffee

Stewed Apricots
Ready Cooked Cereal
Baked French Toast
Coffee

Baked Apples — Cream
Broiled Ham
Corn Bread
Coffee

Bananas, Raisins and Cream
Bacon, Fried Eggs
Toast Coffee

Stewed Prunes
Omelet
Toast Coffee

Grapefruit
Sausages
Buckwheat Cakes
Coffee

Preserved Figs
Oatmeal
Broiled Salt Mackerel
Toast Coffee

Apples
Cornmeal Mush
Soft Cooked Eggs
Toast
Coffee

Oranges
Whole Wheat Cereal
Finnan Haddie
Muffins
Marmalade Coffee

Blackberries
Scrambled Rice with Bacon
Crusty rolls
Coffee

Stewed Fruit
Rice Omelet
Gems
Coffee

Pineapple
Ready Cooked Cereal
Rice Griddle Cakes
Preserves
Coffee

Stewed Fruit
Sour Milk Griddle Cakes
Honey
Coffee

Apple Sauce
Poached Eggs on Toast
Doughnuts
Coffee

Grapefruit
Broiled Fish
Rice
Toast
Coffee

Canned Peaches
Ready Cooked Cereal
Waffles — Syrup
Coffee

Dried Figs
Oatmeal
Broiled Ham
Rolls
Coffee

Melons
Wheat Cereal
Sausages
Griddle Cakes
Coffee

Diced Pineapple and Pears
Fried Hominy
Bacon Curls
Toasted Graham Bread

Raspberries
Bacon
Brown Toast
Doughnuts
Coffee

Stewed Rhubarb
Puffed Rice
Entire Wheat Cakes
Maple Syrup
Coffee

Baked Bananas
Oatmeal
Graham Toast Tart Jelly
Coffee

Dates
Cream of Wheat
Bacon
Muffins
Cocoa

Oranges
Canned Baked Beans
Toast
Coffee

Wheatena
Baked Apples Stuffed with Sausage
Baking Powder Biscuits
Coffee

Orange Juice
Rolled Oats
Creamed Finnan Haddie
Toast
Coffee

Sliced Bananas
Bacon and Scrambled Rice
Entire Wheat Muffins
Marmalade
Coffee

Grapefruit
Rice Omelet
Toast
Coffee

LUNCHEON MENUS

Sardines
Hot Lettuce Sandwiches
Hot Apple Sauce
Cake

Macaroni and Cheese
Coleslaw
Ada's Famous Gingerbread
with Whipped Cream

Cold Sliced Tongue
Parker House Rolls
Relish
Chocolate Ice Cream
Almond Cookies

Lobster Salad
Bread and Butter Sandwiches
Marble Cake
Hot Tea

Asparagus with Eggs on Toast
Strawberry Shortcake
Russian Tea

New York Clam Chowder
Wafers
Celery
Stuffed Apple Salad
Cocoa Hermits

Molded Chicken Salad
Hot Rolls
Raspberry Pie
Iced Tea

Toasted Luncheon Sandwich
Pickled Tomatoes
Jellied Fruit
Angel Food Cake

Italian Rice
Chiffonade Salad
Fruit Muffins
Iced Tea

Fried Sweet Corn
Sliced Tomatoes
Graham Bread
Peach Jam

Cream of Potato Soup
Buttered Toast
Lancaster Gingerbread
Stewed Pears

Cream Tomato Shortcake
Pepper Relish
Bread Cake
Grape Jelly

Grilled Sausages with Apples
Fried Hominy
Devil's Food with Caramel
Frosting
Hot Coffee

Chop Suey
Rolls
Raspberry Sherbet
Minerva Cookies

Chicken Croquettes
Vegetable Salad
Ginger Snaps
Iced Tea

Hamburg Creole
Celery Radishes
Chocolate Waffles with
Vanilla Ice Cream

Oyster Stew
Wafers
Celery
Soft Molasses Cookies

Salmon Salad
Smothered Potatoes
Caramel Ice Cream
Hermits

Corn Omelet
Muffins
Watercress with French Dressing
Date Loaf
Iced Coffee

Baked Beans
Brown Bread
Stuffed Tomato Salad
Cocoanut Butter Drops
Hot Tea

Cream Omelet
Toasted Graham Bread
Doughnuts
Hot Tea

Spaghetti, Bologna Style
Grapefruit Jelly
Almond Cookies
Coffee

Shrimp Wiggle
Baking Powder Biscuits
Pineapple Rice
Butterscotch Squares

Scalloped Kidney Beans
Whole Wheat Bread
Oriental Conserve

Vegetable Chowder
Cornmeal Biscuit
Cranberry Nut Pie
Coffee

California Spoon Bread
Jellied Fruit Salad
Commonwealth Fudge

Chicken Soup
Wafers
Winter Salad
Pecan Nut Bread
Strawberry and Pineapple Jam

Panned Oysters
Coleslaw, Piquant
Oatmeal Cookies, Date filled
Hot Coffee

Waverly Rarebit
Cherry Salad
Hot Tea

Pasadena Salad
Graham Rolls
Peach Ice Cream
Colonial Cookies

Salmon in Cucumber Aspic
Latticed Potatoes
Salad Rolls
Empire State Cake
Tea

Ham Tomato Toast
Cheese Muffins
Sour Cream Cookies
Cocoa

Cheese Fondue
Grape Jelly
Sour Milk Biscuits
Steamed Chocolate Pudding

DINNER MENUS

Lamb Chops
Buttered Peas
Scalloped Potatoes
Sliced Cucumbers with French Dressing
Coffee Foam
Walnut Patties

Baked Cod, Stuffed
Mashed Potatoes
Tomato Fritters
Chocolate Potato Cake
Caramel Frosting

Veal Birds
Potato Puff
Italian Spinach
Lemon Pie

Hamburg Steak Savory
Baked Potatoes
Cream Cheese and Pineapple Salad
Wafers

Breaded Pork Chops
Cheesed Potatoes
Kentucky Salad
Peach Pie

Fried Mutton
Potatoes à la Crême
Stuffed Tomatoes
Jelly Roll
Coffee

Fresh Ham Roasted
Stuffed Sweet Potato
Fried Sweet Corn
Apple Surprise Pudding

Shepherd's Pie
Asparagus Salad
Orange Ice
Small Fruit Cakes

Swiss Steak
Mashed Potatoes
Ten Minute Cabbage
Squash Biscuits
Cherry Tartlets

Creamed Chicken à la King
Puffed Potatoes
Vegetable Salad
Wild Rose Mousse
Clifford Tea Cookies

Baked Chicken with Parsnips
Molded Potatoes
Chop Suey Salad
Date Nut Pudding
Whipped Cream

Stuffed Sweet Peppers
Baked Macaroni
Peach Pie

Chicken Steak
French Fried Potatoes
Scalloped Cucumbers
Raspberry Pie

Royal Scallop
Savory Potatoes
Candied Carrots
Chocolate Gingerbread topped with Marshmallow Cream

Wild Duck
Boiled Rice
Tomato Fritters
Celery
Butterscotch Squares

Planked Halibut with Bacon
Cucumber Salad
Fruit Crullers
Coffee

Commonwealth Bouillon
Yorkshireman's Delight
Dixie Potatoes
Gingerbread — Whipped Cream

Meat Loaf
Zephyr Potato Squares
Savory String Beans
Cranberry Raisin Rolls
Lemon Sauce

Bacon and Sweet Potatoes
Creamed Celery
Stuffed Tomato Salad
Caramel Custard
Cape Elizabeth Cookies

Lamb Pie
Asparagus Maître d'Hôtel
Favorite Pickles
Strawberry Shortcake

Pot Roast
Corn Pudding
Celery Radishes
Strawberry Pie

Broiled Chicken
Hongroise Potatoes
Squash Soufflé
Pear Salad
Butterscotch Rice

Panned Oysters
Stuffed Tomatoes, Southern Style
Coffee Mousse
Angel Food Cake

Baked Beans
Steamed Brown Bread
Pineapple and Cheese Salad
Coffee
Cocoanut Dreams

Sailor's Stew
Fried Spinach Balls
Pickled Red Cabbage
Muffins
Pineapple Cookies Coffee

Stuffed Shoulder of Lamb
Potato Croquettes
Spinach, French Style
White Salad
Vanilla Ice Cream
Lady Fingers

Breast of Chicken with Ham
Pink Potato Scallop
Tasty Asparagus
Jellied Fruit

Planked Halibut with Bacon
Parker House Rolls
Lettuce with Chili French Dressing
Strawberry Mousse
Snowballs
Coffee

Roast Beef, Brown Gravy
Potato Timbales
Coleslaw, Piquant
Chocolate Cream Pie

Chicken Baked in Milk
Sweet Potato Croquettes
Cauliflower and Peas
Rice Glacé

SPECIAL MENUS

AFTERNOON TEA MENUS

Nut Bread and Butter Sandwiches
White Bread with Lettuce and Mayonnaise
Assorted Cakes
Tea Punch

Orange Sandwiches
Egg and Watercress Sandwiches
Date Loaf Cake
Cocoanut Butter Drops
Tea Chocolate
Salted Nuts

Buttered Whole Wheat Bread
(cut wafter thin)
Pineapple Conserve
Sugar Cookies
Tea

Chicken Salad in Eclair Cases
Brown Bread and Butter Sandwiches
Olives Salted Nuts
Cocoanut Meringues Chocolate Sponge Drops
Tea Coffee

Chicken and Walnut Sandwiches
Guava Sandwiches
Fruit Cakes
Tea

Buttered Toast
Orange Marmalade
Angel Cake Supreme
Tea

AUTOMOBILE LUNCH

Tomato Bouillon (Thermos Bottle)
Cold Roast Chicken
Bread and Butter Sandwiches
Favorite Pickles
Devil's Food with Caramel Frosting
Iced Tea

Cold Sliced Ham
Parker House Rolls
Brown Bread Sandwiches with
Celery & Olive filling
Potato Salad
Dill Pickles
Brambles Butterscotch Squares
Hot Coffee

A CHILD'S BASKET LUNCH

Roast Beef Sandwich
Whole Wheat Bread and Butter Sandwich
Crisp Celery Heart
Baked Custard in Paraffin Cup
Oatmeal Cookies
Lemonade

Hard Cooked Egg
Bread and Butter Sandwich
Fig and Graham Bread Sandwich
Baked Apple
Sugar Cookies
Cocoa (Thermos Bottle)

Chicken Soup (Thermos Bottle)
Lettuce Sandwich
Nut Bread and Butter Sandwich
Ginger Drop Cookies
Dates
Milk

CHRISTMAS MENUS

Grapefruit Cup (red cherries, mint leaves for garnish)
Consommé of Chicken Toasted Bread Fingers
Celery Hearts Salted Nuts Olives
Little Roast Pig (served on large platter on bed of watercress — collar of watercress — red apple in mouth)
Parsley and Onion Stuffing Brown Gravy
Mashed Potatoes Baked Squash
Scalloped Onions
Whole Jellied Apples Cranberry Sauce
Canton Sherbet
Lettuce Cream Cheese Bar-le-duc French Dressing
Steamed Fig Pudding, Hard Sauce
Individual Mince Pies
Coffee
Small Christmas Candies Raisins Mixed Nuts

Orange Mint Cup
Roast Goose — Potato Stuffing
Sweet Potatoes Casserole
Buttered Onions Baked Stuffed Tomatoes
Endive, French Dressing
English Plum Duff — Lemon Sauce
Coffee
Fruit Nuts Raisins

Fruit Soup
Roast Turkey — Chestnut Stuffing
Potato Timbales
Creamed Cauliflower Mashed Turnip
Cranberry Sauce
Lettuce Hearts Thousand Island Dressing
Maple Mousse Fruit Cakes
Pie
Coffee
Nuts Raisins

SIMPLE COMPANY MEALS

COMPANY BREAKFAST FOR EASTER

Grapefruit
Planked Eggs Broiled Bacon
Corn Muffins Waffles with Maple Syrup
Coffee

COMPANY LUNCHEONS

Fruit Soup
Broiled Chicken Potato Puffs
Philippine Salad
Coffee Mousse Almond Cookies

Spring Bouillon Wafers
Veal Birds Puffed Potatoes
Parker House Rolls
Stuffed Apricot Salad
Frozen Bisque Angel Food Cake
Grilled Almonds
Coffee

Golden Soup
Lamb Chops à la Rector French Fried Potatoes
Asparagus Pimiento
Apple Mint Salad
Salad Rolls
Coffee Dessert Lady Fingers
Coffee

Asparagus Soup
Rump Steak — Bachelor Style
Potatoes O'Brien — Corn Pudding in Ramekins
Perfection Salad
Rolls
Raspberry Cream Whip

COMPANY DINNERS

Iced Tomato Bouillon
Chicken Baked in Milk
Dixie Potatoes
Pear Salad
Chocolate Cake with Inch-High Icing
Coffee

Cream of Pea Soup
Fillet of Lamb
Scalloped Potatoes
Lettuce with Thousand Island Dressing
Cantaloupe Pie
Iced Coffee

Pineapple and Orange Cup
Roast Beef
Browned Potatoes Corn Pudding in Ramekins
Perfection Salad
Rolls
Raspberry Cream Whip

HALLOWE'EN MENU

Chicken Salad in Rolls
Apricot Ice
Potato Flour Sponge Cake with
Chocolate Icing
Nuts Popcorn Balls
Coffee Cider

HIGH TEA

Chicken à la King
Whole Tomatoes with French Dressing
Hot Rolls
Peach Ice Cream
Angel Food Cake

MAY DAY BREAKFAST

Strawberries
Fried Chicken
Spider Corn Cake
Currant Jelly
Coffee

MEATLESS MENUS

Baked Macaroni and Cheese Grapefruit Surprise
Ada's Famous Gingerbread
Whipped Cream

Pea Soufflé
Tomatoes with Cooked Salad Dressing
Virginia Corn Muffins
Rice Pudding

Cream of Celery Soup
Apple Peanut Salad
Chocolate Waffles
Vanilla Ice Cream

Spaghetti with Mushrooms
Carrot Banana Salad
Graham Bread
Chocolate Sponge Cake
Milk

Red Bridge Soup — Crackers
Peanut Salad
Potato Muffins
Sliced Oranges Ginger Snaps
Tea

Lima Bean Soup
Egg Plant, Buena Vista
Baked Potatoes
Orange and Apple Salad
Bran Muffins
Maple Surprise

Asparagus Soup
Macaroni with Poached Egg
Prune Salad
Graham Gems
Cup Cakes Tea

PICNIC MENUS

Tuna Fish and Mustard Pickle Sandwiches
Brown Bread and Butter Sandwiches
Potato Salad
Cape Elizabeth Cookies
Spice Cake
Lemonade

Stuffed Eggs
Rye Bread and Butter Sandwiches
Cheese and Olive Sandwiches
Raisin Sandwiches
Potato Chocolate Cake

Paraffin cup filled with Boston Baked Beans
Paraffin cup filled with Cream Cheese and Pineapple Salad
Brown Bread and Butter Sandwiches
Mock Maple Cookies

Sardines
Sweet Potato Salad
Oatmeal Bread and Butter Sandwiches
Olives Pickles
Spice Buns Crullers
Dipped Chocolate Fruit
Lemonade

Bacon (To be cooked over camp fire)
Buttered Rolls
Peanut Butter Sandwiches Apple Sandwiches
Mustard Pickle
Fruit Tarts Divinity Cake
Coffee

Sliced Chicken Sandwiches
Pickles
Date Bars Cookies
Commonwealth Fudge

SUNDAY EVENING SUPPERS

Jellied Vegetable Salad with Mayonnaise Dressing
Whole Wheat Bread and Butter Sandwiches
Strawberry Ice Cream
Angel Food Cake
Coffee

Asparagus on Toast
Snow Pudding Ginger Wafers
Tea

Jelly Omelet
Parker House Rolls
Cake
Iced Tea

Shrimp Salad
Quick Parker House Rolls
Aloha Cream Scotch Cookies
Coffee

Cheese Nips
Apple Peanut Salad
Bran Muffins
Chocolate and Mocha Cake
Tea

Merrymount Lobster
Parker House Rolls
Apricot Dainty
Coffee

Cold Roast Chicken
Lettuce Grotto Dressing
Toasted Crackers Cheese
Coffee
Ginger Fudge

THANKSGIVING MENUS

Mock Pâté de Foie Gras Canapé
Commonwealth Bouillon
Celery Olives Radishes
Roast Turkey Chestnut Stuffing
Chantilly Potatoes
Cauliflower and Peas
Cherry Salad
Pumpkin Nut Pie
Apple Allies

Grapefruit Cocktail
garnished with Raspberry Jelly
Roast Turkey Oyster Stuffing
Boiled Potatoes Buttered Onions
Squash Croquettes
Celery and Roquefort Salad
Steamed Fig Pudding
Hard Sauce
Coffee

Oysters on Half Shell
Celery Olives
Roast Chicken
Mashed Potato
Asparagus Royal Squash
Lettuce Hearts — Pimiento Dressing
Small Parker House Rolls
Mince Pie Cheese
Coffee

Clam Broth
Roast Duck Potato Stuffing
Potato Croquettes
Creamed Celery Stuffed Peppers
Apple Sauce
Endive Fresh Dressing
Toasted Saltines Cream Cheese
Maraschino Bisque Snowballs
Coffee
Fruit Nuts

WEDDINGS

WEDDING BREAKFAST

Cream of Pea Soup
Olives Radishes
Broiled Chicken Puffed Potatoes
Hot Rolls
Lettuce Hearts with Grotto Dressing
Frozen Apricots
Angel Food Fruit Cake
Coffee

Grapefruit
Olives Salted Nuts
Creamed Chicken in Pastry Cases
Stuffed Tomato Salad
Rolls
Vanilla Nut Parfait Bride's Cake
Coffee

BUFFET SPREAD

Breasts of Chicken with Ham
Molded Salmon, Cucumber Sauce
Tiny Baking Powder Biscuits
Wild Rose Mousse
Cakes
Coffee

Molded Chicken Salad
Olives Salted Nuts
White Bread and Butter Sandwiches
Brown Bread and Butter Sandwiches
Raspberry Macaroon Mold
Orange Blossom Cakes Boiled Frosting
Coffee

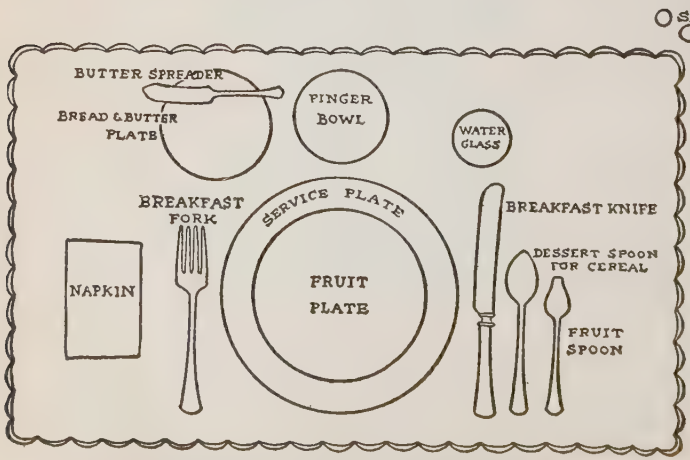
WEDDING SUPPER

Chicken Timbales
Kentucky Salad
Salad Rolls
Peach Ice Cream Cakes
Coffee

TABLE SERVICE

BREAKFAST

For breakfast use simple pretty cloths, or decorated oil cloth doilies, and a centerpiece of fruit or flowers. Each place or " cover " should be set with a service plate, another smaller plate holding the fruit. At the right of the plate are whatever knives will be used, and a cereal spoon, placed in the order of using. The fork, if one is to be used, is placed at the left, next to the plate, then the napkin, folded into a triangle or an oblong, the folded edge being perpendicular to the fork. At the tip of the fork is the bread and butter plate with the spreader lying across it at the top and at the tip of the blade of the knife stands the water glass. Salt and pepper shakers stand midway between each two covers, unless individual salt cellars are used. Knives



A correctly set breakfast cover. When the fruit course is finished, the cereal bowl is placed on the service plate.

A table set for informal dinner service. Forks for only the salad and meat courses are laid, although a fork for the fish course may be laid at the same time.

are placed with the blades in toward the plate, forks and spoon with the curve and bowl up. Coffee spoons are never laid on the cloth, but are placed in the saucer, at the right of the handle of the cup, wher coffee is served.

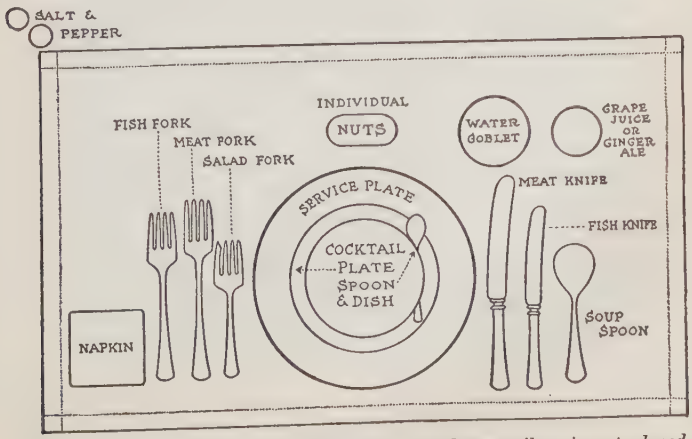
The coffee service may stand on a tray or on a tea-wagon at the right of the hostess.

When the fruit course is finished the fruit plate is removed — placed on the lower shelf of the tea-wagon when there is no maid — and the cereal in cereal bowl is brought in and placed on the service plate.

If a meat course follows, the service plate is removed with the cereal bowl, and the meat course served on fresh plates which are placed in front of the one who is to serve.

DINNER

A formal dinner is an expensive and elaborate affair not to be undertaken unless one has at her command plenty of help and plenty of money. Very few really formal dinners are given nowadays except in those circles of society where the rigors of etiquette are punctiliously observed. We live in an informal age, and yet through all our informality we



Cover for service at a formal dinner. The dessert silver is not placed on the table with other silver, nor the coffee spoon.

observe, generally, more rules of correct usage than the average family has ever done before. That is, there are more of us trying to follow the rules of good manners and consideration (upon which quality all good manners are built) than was the case when one element of society lived and moved by rule, and the rest of it went as it pleased.

And so, while we are not giving directions for serving a formal dinner, we shall give the principles, upon which the serving of any dinner is built, whether formal, informal, or family.

The correct covering for the dinner table is a long cloth reaching almost to the floor at the corners, and well over the sides. It is placed over a silence cloth of felt, asbestos, or canton flannel.

There should be a centerpiece of flowers, fruit, or something that is artistic and pleasing to the eye. Candles are the ideal lighting for the dinner table, and candlesticks or candelabra may be used. If candlesticks, they should be placed exactly opposite each other, and near the corners. The candelabra are placed the long way of the table, at either side of, and not too near, the centerpiece. Compotiers, baskets, or fancy dishes of candy, are placed at either end of the table. Whatever dishes or articles are used in decoration must balance. Olives, celery and such dishes are passed from a side table.

Covers are laid not too close together and spaced exactly. At each place is a service plate (ten inch). At the right the necessary knives and spoons are arranged — the steel meat knife, the silver fish knife, soup spoon, grapefruit spoon, oyster fork, providing, of course, that the menu calls for these. At the left of the plate are the meat fork, the fish fork, and the napkin. This is folded square, the hemmed edge parallel with edge of table. Salt and pepper shakers stand between and above each two covers, or, if individual, just above the plate, a little to the right.

At a formal dinner, or an informal one either, if there is a waitress to serve, no food is placed on the table. Meat is carved in the kitchen and served from a platter, *at the*

A TABLE SET FOR LUNCHEON

left of the guest. All serving is done at the left, the waitress standing just a little back and sideways, so the guest can use his right hand easily. The platter or dish is held on the palm of the left hand, resting on a folded napkin, and steadied by the right hand if necessary.

Beverages are poured from the right, and fresh silver is laid at the right, with the exception of forks, of course. Such silver as is necessary for each course, not laid at the setting of the table, is brought in and laid as each course is served. More than three forks are never placed on the table at once, so, if a formal menu calls for a meat, fish and entree fork, the salad silver is brought with the salad.

After the soup course the service plate is removed, and a fresh hot one brought and placed before the guest — from the left.

When the meat course is finished, the plates are removed and the salad served. Crackers are passed. With the removal of the salad course, everything is taken from the table except the decoration and the table is crumbed with a folded napkin.

The dessert service consists of a plate, doily, and finger bowl. For formal service, a handsome fruit plate is added, upon which the others rest. The finger bowl with doily is lifted on to the cloth, and dessert is passed, or placed (if it is in sherbet or ice cream cups) on the plate.

Fruit is passed last. Coffee is served, formally, in the drawing room for ladies, and at the table or in a smoking room for men. Often however it is served at the table for all. Sugar but no cream is passed. Candy is passed with the coffee.

LUNCHEON OR SUPPER

The menu that is suitable for one meal is suitable for the other, except for a formal luncheon.

The laying of the table is similar, and rules given for dinner may be followed for luncheon. The cloth for the luncheon table may be simple or elaborate according to individual taste, but the long dinner cloth is not used. In fact,

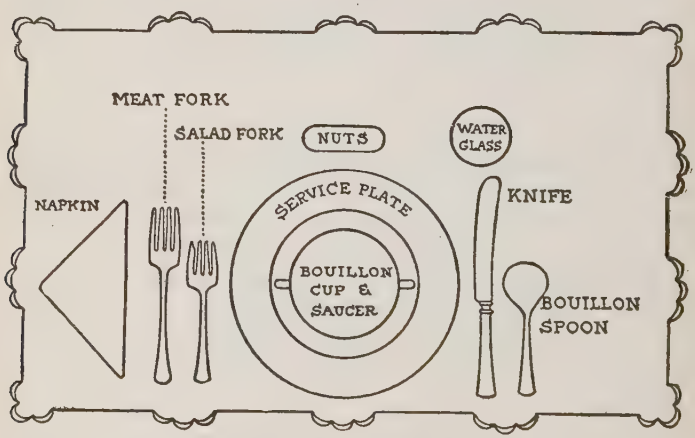
dinner is the only meal where such a cloth is used nowadays, and even here, while the long cloth is *correct,* doilies are often substituted at the family meal.

For luncheon either sets of embroidered or lace doilies, or a plain or decorated cloth is suitable. For the refectory table, the long runner of filet lace, or of linen with lace insets, is correct.

Supper cloths may be colorful or white, large or small, covering the table or not.

At a very formal luncheon no butter is used, and so no bread and butter plates or spreaders are needed. For an informal or family luncheon or supper they are required.

The general rules for the serving of all meals are the same. Everything is served from the left, beverages are poured from the right. Tea and coffee services at luncheon or dinner may be placed before the hostess.



Lunch, either formal or informal, consisting of soup, entrée, salad, and dessert. Salt and pepper containers, as for the other meals of the day, are best placed between each two covers unless only two or three are at table, in which case these are individual. The dessert silver will be brought on with that course.

At breakfast, however, it is quite correct to pour the coffee or tea at the table

THE FAMILY MEAL

Children can early and easily be taught to serve. They like to do it and while doing it they learn what is correct.

With a good sized tea-wagon at one's hand, and a serving table near, the family meal can be served in a very satisfactory manner. The same rules for laying the table should be observed for the family meal as for the company meal, and the position of silver and glass is the same for the home meal as for the formal dinner. By adherence to such rules, and with a little extra attention paid to the linen and decorations, the correct service will become a matter of habit, and the daily meal time an hour of anticipated pleasure.

CANNING

BY COLD-PACK METHOD

The cold-pack method is quick and convenient. It preserves the flavor, shape, and color of the food, and it more nearly preserves the food in its natural state. It is surer of killing the spores than the hot-pack, or old-fashioned method; it does not permit white mold and it is very successful with all the hard green vegetables which are usually a failure in the hot-pack method.

EQUIPMENT FOR COLD-PACK METHOD

To do canning successfully by the cold-pack method even on a small scale, it is necessary to have an equipment that will lighten labor and save time. Such equipment may be bought especially for the purpose, or things in the home may be utilized. A wash-boiler that is kept just for canning is a good investment. A galvanized bucket or pail is also excellent. Many women prefer the galvanized pail to the wash-boiler, as it requires less space on the stove, and if gas, gasoline, or oil is used for fuel it requires only one burner, while the wash-boiler requires two. The wash-boiler also is heavy to lift and requires a larger amount of water for the canning.

The next thing to consider is the false bottom, which is necessary in order to prevent the jars from coming in contact with the bottom of the canner, which causes them to break. A wire rack with handles is very desirable. Instead of one large false bottom you may use individual jar holders made of wire. These holders are so constructed as to keep the glass jar off the bottom of the canner, and are equipped with handles for lifting. If you wish to can different products at

the same time, each jar can be removed at the end of the sterilization period, without disturbing jars containing the products which have not been fully sterilized. Six or eight holders are usually sufficient according to the circumference of your canner. If you wish to put in a double layer of jars, the upper row can rest on the lower row if paper is put between the two layers to prevent the glass bottoms of the upper jars from coming in direct contact with the tops of the jars in the lower layer. Hay, straw, excelsior, paper, or loose boards should not be used, as these substances do not allow a free circulation of water and may cause breakage of jars as well as loss of liquid in the jars.

In choosing your home-made outfit just keep these things in mind: A tight-fitting covered outfit with false bottom or individual holders that will allow the water to circulate at a depth of three-fourths to one and one-half inches under the jars and an inch or more over the jars. The size of the vessel otherwise, that is, in circumference, depends upon the number of jars of the product which you desire to sterilize at a time. There are now on the market many marvelous commercial canners. One may purchase anything from a steam cooker or a water-seal canner, to the pressure cooker. Where the family is large and much produce to be canned, it pays to invest in a quick canner.

When using steam-pressure or pressure cooker outfits remember that too much pressure is more destructive to the value of some products than not enough. Five to ten pounds of pressure is sufficient for strawberries, dewberries, raspberries, and blackberries. Higher pressure, if used for these and for soft fruits, such as peaches and pears, tends to destroy natural colors and flavors.

If you use more than twenty pounds steam pressure for canning corn that is a trifle too ripe, the corn will probably turn brown.

Choose the outfit that seems to meet your needs and, if possible, see it in operation before buying.

After you decide which outfit you are going to use for your canning, the jars are next in order.

JARS AND RUBBERS

We can do cold-pack canning with any style of glass jar, but when you do buy new ones buy the best. Imperfectly sealed jars are probably responsible for more spoiled canned goods than any other one cause. Before beginning to can, fit the tops to the jars. Wash the jars and tops in hot soapsuds, rinse in boiling water, and keep in hot water until ready to use. If the tops are old, boil them in water to which a little soda has been added. If they cannot be cleaned so as to be clean and neat, do not use them. To sterilize rubbers put them in a solution of one-half teaspoon soda to one cup water.

TESTING JARS AND COVERS

When using the screw-top jar, adjust the top and run the thumb nail around between the top and the glass. If at any place the thumb nail goes in, the top is defective and air will get into the jar. It will not pay to use this top at the risk of losing a jar of fruit or vegetables. New tops should be tested in the same way as old ones. Do not use tops where jars have been opened with a knife, as these tops will leak unless the rough edges can be rubbed smooth with a file or an old knife or perhaps pounded.

Another test for the screw-top jar which many women prefer to the thumb-nail test is as follows: Adjust the rubber and top. Now pull out the rubber; if it stays out the top is good, but if it springs back the top is defective. If in doubt the jar may be filled with water and inverted. If no water escapes you may know the jar is air-tight.

Be sure and make at least one test, for it is not necessary to lose a single jar of canned food. A little time spent in assembling and testing jars and covers is time well spent.

In the case of jars with composition attached to the cover set the cover on the jar and tap all the way around the edge to see if the cover sits level on the jar. If it rocks at any point, this indicates a defect in either the cover or the jar. If the composition is cut or broken in any place, the top must be discarded.

The composition attached to covers sometimes deteriorates with age, even if the cover has not been used. In buying covers with rubber attached, be sure they have not been carried over from last season. Old covers of this type should be thrown away.

If using glass-top jars with spring clamps, put the cover in place without the rubber, set the spring, and press the clamp down. If the thumb nail can be inserted between the cover and the jar, the spring is not tight enough. To remedy, disengage the ends of the top spring from the eyelets at the side. Holding a side of the bail in each hand, press down with the thumbs on each side of the top bar. This will cause it to fit closer to the cover and increase the pressure. Return the spring to the jar and test again. It may be necessary to tighten the bail every year. After a jar has been tested, keep it with its own top, because even good covers are not always interchangeable.

See that there are no imperfections in the jars such as cracks and broken blisters, as these may cause glass to get into the product as well as make the jar harder to clean. Some women always rub over the inside of the jar with a knife or spatula as an extra precaution that there are no pieces of glass adhering to the sides and no blisters there.

SELECTING RUBBER RINGS FOR HOME CANNING

Rubber rings for the one-period cold-pack method should be capable of withstanding four hours of sterilization in boiling water without blowing out on partially sealed jars, or one hour under ten pounds of steam pressure. They should be selected with reference to proper inside diameter, width of flange, and thickness. Good rubber rings will stretch considerably and return promptly to place without changing the inside diameter. They should also be reasonably firm and able to stand bending without breakage. Color is given to rings by adding coloring matter during the manufacturing process. The color of the ring is no index to its usefulness in home canning. There are good black, white, and red rubbers on the market.

OTHER THINGS NEEDED

You will need a covered pail, pan, or kettle for blanching. A covered steamer is fine for blanching in steam, or a wire basket can be used with a blanching pail. You will also want a piece of common cheesecloth in which to put the vegetables for lowering them into the boiling blanching water, and for the cold dipping. A measuring cup, a tablespoon, a fork, a paring knife, and a teaspoon are necessary. Other desirable canning utensils are, a jar filler, a funnel, an apple corer, a cherry pitter, a hot-pan lifter, a spatula, a jar lifter or duplex fork, a wooden spoon, a colander, and scales.

A clock is absolutely necessary, for there is no guess time in cold-pack canning. You do things by clockwork. With your canner, jars and rubbers ready you are now equipped for anything in the canning line that comes along.

CANNING IN TIN

Many women are putting their products into tin cans today. There are machines on the market that will completely seal the can, which has been filled with the product. No solder is necessary. There has been as much progress in the manufacture of tin cans and sealers as there has been in glass jars. There are tin cans provided with enamel lining which are recommended for vegetables and fruits that contain much acid, as tomatoes, berries, and rhubarb.

CANNING BERRIES AND SMALL FRUITS

When canning strawberries, raspberries, blackberries, dewberries, blueberries, sweet cherries, and other berries and softer fruits proceed as follows:

1. Put berries or fruit in a strainer.
2. Rinse by pouring water over.
3. Cull, seed, pit, or stem.
4. Pack immediately in hot jars.
5. Put rubber in place.
6. Add boiling hot syrup or water.

7. Put top in place.
8. Partially tighten.

With the screw-top type of jar this is done by screwing the lid down tight and turning back about one-fourth of an inch. With the glass-top jar, the top clamp is put in position while the second clamp is left up. With the vacuum-seal jar, which has the composition cover, place cover in position and add the little spring provided.

9. Sterilize according to time-table.
10. Remove jars from canner.
11. Do not expose to drafts.
12. Examine rubbers.
13. Tighten covers.
14. Invert to test the joint and cool. (Do not invert vacuum-seal jars.)
15. Wrap to keep out light.
16. Store in cool dry place.

Instead of wrapping, a piece of black cambric tacked to one shelf overhanging the shelf below is a very simple way to keep out light.

(See Time-table for Berries.)

CANNING HARD FRUITS

The hard fruits such as pears, pineapple, apples, and quinces are canned exactly like the soft fruits and berries with but two exceptions. They are (1) blanched for a certain length of time and (2) cold-dipped before being packed in the jar.

(See Time-table for Hard Fruits.)

SYRUP FOR CANNING FRUITS

Many women are puzzled over the syrup to use for the different fruits. Always use the same amount of water and sugar but boil different lengths of time to obtain the desired consistency. The California syrup is always three parts of sugar to two parts water.

Thin Syrup — 3 cups sugar to 2 cups water — boil only

until the sugar is dissolved. Use this for all sweet fruits as apples, sweet cherries, and pears.

Medium Thin Syrup — 3 cups sugar to 2 cups water. Boil about four minutes or until it begins to be syrupy. Use this for raspberries, peaches, blackberries, currants, etc.

Medium Thick Syrup — 3 cups sugar to 2 cups water. Boil until it will pile up over the edge of the spoon when it is tipped. Use this for sour or acid fruits, as plums, gooseberries, apricots, sour apples, and strawberries.

Thick Syrup — 3 cups sugar to 2 cups water. Boil until it will form a ball in the spoon and cannot be poured from the spoon. This is used for preserves.

Sift the sugar into the boiling water to prevent a scum from forming on top of the syrup.

THE BLANCHING PROCESS

The blanching or hot dipping, as it is sometimes called, is simply placing the products in a kettle of sufficient rapidly *boiling water* to cover them and leaving them there for a short time. Blanching can best be done in a wire basket or a clean cheesecloth. We blanch these hard fruits, to reduce their bulk and avoid so much shrinkage in the can.

The scalded or blanched fruit or vegetable must be immediately plunged into cold water — the cold dip. This cold dip hardens the pulp under the skin and permits the removal of the skin without injuring the pulp; it coagulates the coloring matter which started flowing during the scalding or blanching and thus makes it harder to dissolve during the sterilization period, and it makes the product easier to handle. These two steps of blanching and cold dipping which are used in some fruits and all vegetables are very important, and are what makes cold-pack canning possible.

CANNING VEGETABLES

Vegetable canning is just as simple as fruit canning once you have learned these two necessary steps. In vegetable canning the steps are as follows:

1. Prepare equipment and utensils.
2. Prepare products.
3. Scald tomatoes.
   Blanch other vegetables (according to time-table). Steam all greens.
4. Cold dip all products.
5. Remove the skin from such products as tomatoes, beets, etc.
6. Pack the product into jars up to within about three-eighths of an inch of the top. At least one inch at the top of the jars should be left in the case of lima beans, peas, corn, squash, pumpkin, and sweet potatoes, since they expand because of their starch content while other products shrink during the sterilization period. Greens seem to shrink the most.
7. Add one teaspoon salt to every quart. Add boiling water up to within three-eighths of an inch of the top to all vegetables with the exception of greens and tomatoes. Can tomatoes in own liquor. Can greens in water which clings to leaves after the cold dip.
8. Partially seal.
9. Place jars of packed food in the canner. Sterilize or process the product, that is, boil the material for sufficient time in the canner to destroy all micro-organisms present. The length of time necessary differs with various products and various organisms. Products rich in acid, such as tomatoes, require less time than those hard vegetables rich in nitrogenous or protein material, like beans, peas, and corn. Follow time-table.
10. At the end of the sterilization period, completely seal; test for leakage; cool and store.

If the jar is not completely full at the end of the sterilizing period do not be alarmed as the air in the jar is sterilized air and the product will keep whether completely covered with liquid or not. Do not remove the covers to add more syrup

or hot water as you then destroy your complete sterilization and may allow bacteria or molds to enter.

(See Time-table for Vegetables.)

IMPORTANT POINTS IN CANNING

The chief things to remember are not to mix instructions but stick to one set of rules and follow the time-table. Cleanliness and freshness of products are important. Sixty per cent of the success of the cold-pack method of canning depends on the preliminary steps of blanching, cold-dipping, packing in hot jar, adding *boiling* water or boiling syrup, partially sealing each jar before jar number two is packed, and cooking or sterilizing for the exact amount of time. Undercooking does not destroy all yeasts, molds, and bacteria, and the product may spoil, whereas overcooking produces a mushy unattractive product, not true to natural shape, color, or flavor.

TABLE FOR BERRIES AND SOFT FRUITS

Outfit	Minutes to Sterilize
Water-Bath or Steamer	16
Water Seal	12
Pressure Cooker (10 lbs.)	5

TABLE FOR HARD AND CITRUS FRUITS

FRUIT	PREPARATION	MINUTES TO BLANCH	MINUTES TO STERILIZE		
			Water-Bath or Steamer	Water Seal	Pressure Cooker (10 lbs.)
Apples	Pare, core and cut in halves or smaller pieces.	1½ to 2	20	15	5
Crab Apples	Pare and core.	None	16	8	5
Apricots	Remove skins if desired after blanching and cold dipping. May be canned with skins on.	1 to 2	16	12	5
Peaches	Blanch and cold dip, then remove skins.	1 to 2	16	12	10 min. only 5 lbs.
Pears	Wash, pare or not as desired. Cut in halves. Small pears may be canned whole.	1½	20	15	5
Pineapple	Cut in slices or cubes. Remove cores.	5	30	25	18
Plums	Wash. Remove stones if desired.	1 to 2	16	12	5
Quinces	Remove skins and cores. Cut in slices.	6	40	30	20
Grapefruit, lemons and oranges. (Whole)	Remove skins and white fiber, then blanch.	1½	12	8	4
Grapefruit, lemons and oranges. (Sliced)	Slice with sharp knife.	None	10	6	4

Apples, pears and quinces, should be put into salt water (1 tbsp. salt to 1 gallon water) before blanching to keep them from turning dark.

The time schedules for berries and fruits are for quart jars. For pints and half-pints deduct 3 or 4 minutes from the time for sterilizing. For 2 quart jars add 3 or 4 minutes.

TABLE FOR VEGETABLES

VEGETABLES	PREPARATION	MINUTES TO BLANCH	MINUTES TO STERILIZE		
			Water-Bath or Steamer	Water Seal	Pressure Cooker (10 lbs.)
Asparagus	Wash, remove woody ends. Cut to fit jar and tie in bundles, or cut in pieces.	Tough ends 4 min. Tips 2 min.	90 min.	60	25
Beans, Lima	Shell and wash.	5 to 10	180	120	40
Beans, String or Wax	Wash and string. Can whole or cut in uniform pieces.	5 to 10	120	90	40
Beets	Leave 3 or 4 inches of stem and all of root while blanching. Remove with skin after cold dipping.	5	90	80	40
Brussels Sprouts	Cut into sections and remove core.	5 to 10	120	90	40
Cabbage	Use small, solid heads. Soak in cold brine (½ lb. salt to 12 qt. water) 1 hr. before blanching.	5 to 10	120	90	40
Cauliflower	Use flowered portions. Prepare like cabbage.	3	60	40	20 (15 lbs.)
Carrots and Parsnips	Remove skin by scraping after blanching and cold dipping.	5	90	80	40
Corn	Cut from cob immediately after blanching and cold dipping.	5 (on cob)	180	120	60
Greens	Pick over and wash carefully.	Steam until wilted. About 15 min.	120	90	40
Sweet Peppers	Bake in hot oven until skin separates from meat. Remove skin.	None	90	75	40

TABLE FOR VEGETABLES (*continued*)

VEGETABLES	PREPARATION	MINUTES TO BLANCH	MINUTES TO STERILIZE		
			Water-Bath or Steamer	Water Seal	Pressure Cooker (10 lbs.)
Pumpkins and Squash	Cut into sections. Remove skins. Scrape shells after cold dipping.	5	120	90	40
Tomatoes	Use firm ripe tomatoes. Remove skins after scalding and cold dipping.	1½	22	18	10

This time schedule is for pint and quart jars. Add 30 minutes to the time for sterilizing for 2 quart jars.

In using a water-bath have water actually boiling and let it cover the jars. Do not count the time until the water begins to boil again after the jars have been put in.

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